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AS MARIMAR

ALDEN
RICHARDS

BROS DAY OUT

YAM
CONCEPCION
SHE'S THE REAL DEAL!





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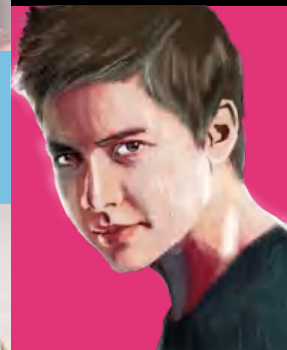
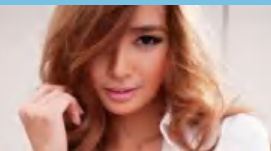
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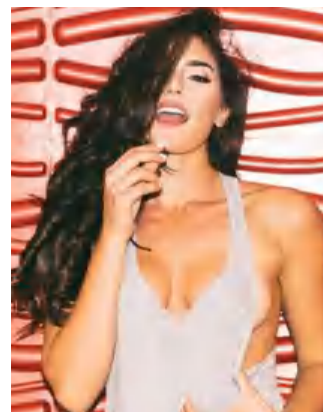
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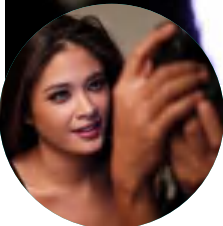
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THE TEAM: WHAT *FHM*ers HAVE BEEN UP TO THIS MONTH



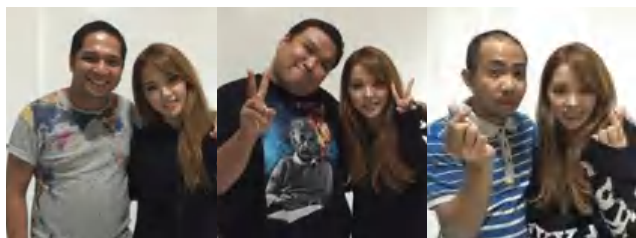
September covergirl Yam Concepcion just let out a side of her we hadn't seen yet. The girl knows how to make an impression in this comeback outing.



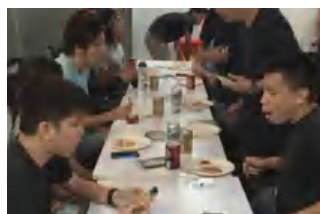
Editorial Assistant Pong joins the distinguished lineage of *FHM* staffers acting as makeshift electric fans during cover shoots.



Associate Editor Alex channels his inner *Transporter* at the 2015 Nissan GT Academy, Asian Finals in Silverstone, UK. Nice ride!



JL, BA, and Alex with Korean cutie Dasuri Choi. The BASuri tandem wins this photo op easily.



Oktoberfest came early, thanks to San Miguel's beer and pizza night!



Assistant Style Editor Ash with some sort of #blessed pose with Asia's *Next Top Model* Season 2 runner-up Monika Sta. Maria.



Art Director Paul enjoys a birthday lunch courtesy of Belle and Au of Fortune Printers at Luk Foo. Tagging along are Chise, Pong, Arnel, and, JL who got him nothing at all despite freeloading a meal.



Celebrity coordinator Allan "gives back" for his birthday. He now only has five birthdays to make up for to the team.



ERRATA

We would like to apologize for failing to put the correct photo credit in Jennylyn Mercado's pages in *FHM 100 Sexiest* supplement. The photos of this year's Sexiest was shot by BJ Pascual.

We would also like to apologize for the unintentional omission of the venue credit for Erika Ocampo's Starter Babe photo shoot; credit goes to Center of Gravity, Skate Shop at Centris, cogphils.com.



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LS.12

From the day René Lacoste first adorned his match blazer with an imposing embroidered crocodile, Lacoste has led the way in sport's close relationship with style. It is this long tennis heritage, combined with a commitment to innovation, that has underpinned the Lacoste brand from the very beginning.

For Autumn / Winter 2015, the Lacoste footwear collection has referenced its tennis roots without resorting to literal recreations. Taking inspiration from 80s design, original silhouettes are adapted to create the contemporary LS.12 sneaker. Executed on a chunky sole unit in signature materials the simplified, clean uppers featuring authentic sport-inspired details make this the ultimate understated casual style this season.

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Early birds

I'm so happy na maaga ang Zinio delivery niyo for this month. Sana laging ganito. P.S. nice alternate cover. **Nathan Paredes, via email**

Party crasher

Last July 11, I took pictures at FHM's 100 Sexiest event. I certainly had a blast and sincerely thank you guys for that. I'd just like to raise some points: first, how come there are some arrows pointing downward for some of those who ascended in the list, and arrows pointing upward for those who descended? Second, I'm not sure if I overlooked other celebrities, but I'm sure of one thing: Jasmine Curtis-Smith shouldn't have been tagged as a "New Entry." She already made it to the list for the first time in 2012. Third, it was

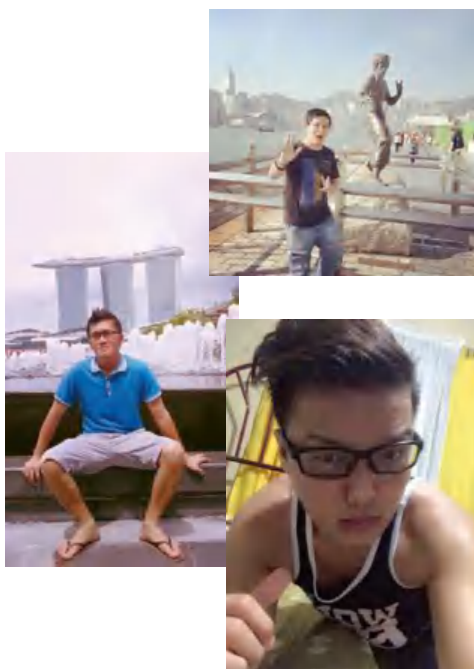


WHO THE HELL ARE YOU?



I just noticed that the waiter behind us also smiled as we took our groufie. It was funny but his smile seemed genuine. Salute, sir! @noelhilario, via Instagram

my birthday last month. My birthday wish? To be issued a media pass for the upcoming Victory Party (or parties, to be more straightforward, starting next year). That would be one of the greatest birthday gifts I can ever receive. I know it's a long shot but I hope you guys can help me out. Thank you, FHM Philippines! More power! **Dennis Albert Lachica, via email**



Bros for life

My brothers and I will be celebrating our birthdays this September. My kuya Ryjhan, who's now based in Qatar, will celebrate his birthday on the 17th and my brother Reignel, who's now in Singapore, on the 25th and I, on the 16th. My kuyas support me in buying your magazine every month. Even if they are not able to buy your magazine physically, they download a copy through Buqo. Thanks to technology, they feel like they're still here in the Philippines whenever they read *FHM*. Kindly post our photos in your September issue as a birthday gift to us. Thank you, *FHM*! My kuyas will be surprised to see this. I'm the one wearing *sando* with eyeglasses, by the way.

Borz Soliveo, via email

We've been framed

My girlfriend was so happy when she found out that her letter for me got was included in your magazine. She even framed as a form of gratitude to show how fortunate we are to have a letter published in the #1 men's magazine. It was really good timing that you featured my idol Maria Ozawa as June cover girl. We bought two copies, a hard copy and an e-mag. This time as a couple, we want to share another special moment with you *FHM*; our second anniversary and my girlfriend's birthday on September 18. It's a double celebration! I want to tell the world that she is my life and that I can't live without her. My dear Kathleen Jill Cantiller, I wish us a happy

second anniversary, and you a wonderful birthday. I'm so grateful to have you in my life. I love you so much! Here is the picture of my beautiful girlfriend.

Leoven Alisbo, via email



Surprise wifey

August is the birthday month of my wife. Can you please include this picture in your next issue? This will be one of my surprise gifts to her. I am so proud of her. Thanks a lot. **Oscar Garcia Jr., via email**



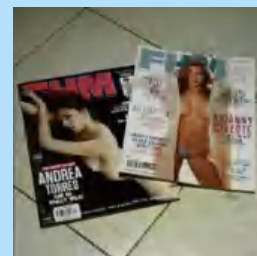
Wish granted

FHM is my favorite men's magazine not only for the photos, but for the feature articles also. Your team has a skill in finding new talents. Wherever I go, I always have the latest issue with me. I wish that someday, I'd be featured in your magazine with my *FHM* collections. God bless! **Mark Julius, via email**

Your daily dose!

Hey, I'm Rob from Scotland UK. I'm an avid reader of your magazine and probably one of your biggest fans. A friend from Tacloban collects and then sends a year's worth of issues to me. I'm half way through 2014, and I must say your girls are vitamins for the eyes. Mica Campo is my dream come true. **Robmiller Glasgow, via email**

GALLERY



Date night with UFC's @ariannycelste and GMA babe @andreaetorres #fhm #instapic #fhmultimatearianny **thethorlanes via instagram**

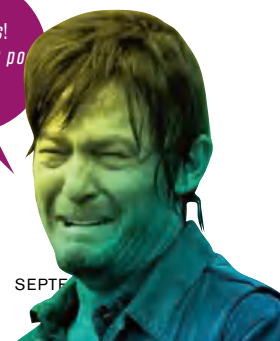


I just bought the #August issue of #FHM #fhmultimatearianny #Papajack free #Book #AriannyCeleste @ariannycelste **zunyoedrich via instagram**

May forever

Last July 11, my great aunt and great uncle celebrated their 50th wedding anniversary. I regret not being able to go home then. One time, as I was reading your mag, I had this awesome idea to send you guys their story. Please include this in your mag so they can share their love with all the *FHM* readers around the world and inspire them, and to serve as my priceless wedding gift to them as well. Congrats Tiyoy Jo and Tiyay Cedes! Sana masundan pa si Tito Bong, ha ha! Thanks for posting, *FHM*. Your mag rocks! **Mart Canson, via email**

Congrats! Ang galing po ninyo!



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OF FAT CAT STUDIO

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BACK TO THE

BALL GAME



**PBA'S MONEYBALL: DRIBOL OP DA PIPOL HOST CARLA LIZARDO
MAKES HALFTIME WORTH TUNING IN TO**

WHO IS
SHE?

Name: Carla
Jenina Lizardo

Age: 25 years old

Height: 5'8"

I host: PBA
Moneyball, The
Perfect Round on
Digital5, Pilipinas
SuperLiga

I play: Badminton

If you've been paying close attention, you'd know that we don't only try our hardest to keep up with the country's great male athletes by profiling them in this rag, in the hopes of decoding their secret to fitness and greatness; we also try to get chummy with the ladies of sports. And by ladies of sports, we don't just mean the athletes who sweat it out on the court—we're also talking mesmerizing WAGs, courtside reporters, and fans, who we consider a breath of fresh air in these testosterone-filled events.

Call yourselves lucky this time. We have here PBA segment host Carla Lizardo, who is just about everything we mentioned—a former competitive badminton player, a PBA half-time host, and a former beauty queen. You'd think you've seen all her sides, until you see what she has set in these pages...

Before being crowned Mutya ng Pilipinas Intercontinental in 2010, you were a student athlete. Have you always been into sports?

My whole family is very athletic. My kuya Joseph Lizardo used to be the top tennis player in the country, so *bata pa lang ako, tinuturuan na niya akong mag-tennis*. But when I turned seven years old, I got vitiligo—it's a skin condition that would worsen if I get exposed under the sun for long periods of time. So they had to move me indoors, ha ha! *Kaya napunta ako sa badminton*.





Was it difficult to grow up athletic?

At first I thought it was the normal thing, but as I grew older, *napansin kong marami rin palang* differences. Like, *nung* high school, my friends would all go to the mall after classes and I'd go straight to training.

I've always had to balance school, training, family time, and also my personal time. I usually missed field trips *kasi* I didn't want to miss training. *Ayoko kasing mapag-iwanan*. I've always been competitive.

That's a lot to juggle. How were you even able to date?

It was always my studies and badminton first, so when a guy once pointed out *na wala na akong oras* for him, *sabi ko talaga*, "Hey, I'm sorry, *pero* these would have to come first." That's the reason *din siguro* I didn't have a serious relationship when I was younger, *kasi* I didn't make time for going out and dating.

Is it difficult to meet guys when you're that competitive?

I think sometimes people mistake my being competitive for being unapproachable; but when you get to know me, you'll know that I'm not going to be competitive about everything. *Sa sports lang*, ha ha! It's more of, like, I'm competing with myself.

Has sportscasting always been part

of your plan?

Gusto ko sanang mag-model, *pero* big-boned *ako kaya* I always got rejected. When I won Mutya in 2010, that's when I felt *na* I could still fulfill my dreams to walk a runway. Now, being in media, I hope to be a newscaster someday.

Modeling, beauty pageants, and sports—those sure are different careers...

When I started training for Mutya,

'SOMETIMES PEOPLE MISTAKE MY BEING COMPETITIVE FOR BEING UNAPPROACHABLE; BUT WHEN YOU GET TO KNOW ME, YOU'LL KNOW THAT I'M NOT GOING TO BE COMPETITIVE ABOUT EVERYTHING. SA SPORTS LANG, HA HA!'

naisip kong magiging sisiw lang para sa akin yung gym activities dahil athlete naman ako. Pagdating ko dun, sobrang hirap pala! You do lunges wearing heels. It's harder than what people think. *Ibang klaseng discipline siya kasi* you have to care about how you look. Sometimes it's better to not be too competitive so you can enjoy the moment. Focus on the experience.

What's the most challenging thing about hosting a segment in the PBA?

I find it hard to break the wrong impression of people about me that I'm just another pretty face trying hard to bring sports news. I want them to know that I know what I'm talking about.

Do you also go for guys who have the same interests?

Gusto ko ng athlete din kasi they understand time management. I want someone who does their own thing. I need to have the independence to do my job and the things that I want.

What sport should we play to catch your attention?

I like football; the players look so sexy. Maybe because you get to appreciate them *kasi* it takes a long time before someone scores, so *mas maraming* time to watch them and look at them, ha ha! **FHM**

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FANCY A SPIN?

HOW NOT TO EMBARRASS YOURSELF—OR AT LEAST, COME OFF DECENT—DURING YOUR FIRST GIG

The deejaying industry is at a high—with the advent of the clubbing scene and the boom of EDM, almost everybody wants to hop on the disc jockey bandwagon. But as zealous as these aspirants are, not all of them are right away cut out to grab the mixing reins. We talked to Red Bull Thre3style Nationals Finals defending champion Carlo Atendido, to school you with the basics of spinning the black circle...

THE RIGHT TOYS

IF YOU DECIDED TO TAKE THINGS REALLY SERIOUSLY, HERE'S WHAT TO GET YOUR HANDS ON



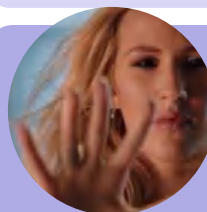
Basic MIDI controller

For: Those who are just about to start out in their basement, or those who rely solely on their allowance to make it through the day.



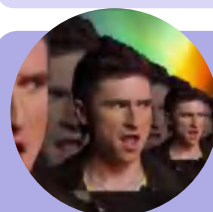
EDM IS YOUR BEST FRIEND

Electronic dance music is considered a giveaway people pleaser when DJ-ing. Just load those tracks in your system then press play—you'll have that party grooving in no time! The Internet is chock-full of these so you'll have no problem culling for that opening set.



OUTRO + INTRO

The only equation you'll have to keep in mind. Concentrate on seamlessly segueing the end of the current track and the beginning of the next one, because really, at the end of the day, all the crowd expects is a smooth and clean transition. Your ability to count 1-2-3-4 is the only real essential here—use it!



USE REMIXES, MASHUPS, OR BOOTLEGS

Straight-up songs are actually harder to mix compared to altered material, especially if one isn't trained on cueing and mixing techniques. Better safe than sorry, right?

WORDS:
PAULO AGUILERA

ILLUSTRATIONS:
MARTIN COSME

Standard turntable-mixer-interface setup

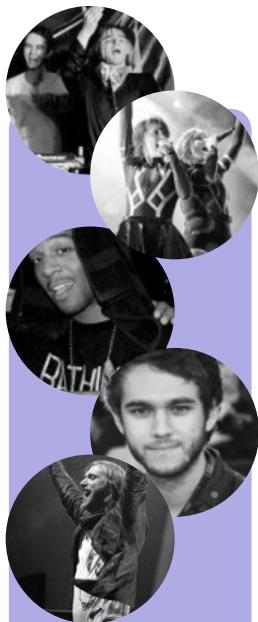
For: (second-hand) Those who are ready to turn a bit serious with the hobby; (brand-new) those who have consistent gigs at Privé or The Palace, or you have enough cash to splurge.





NO JESUS POSES, PLEASE

The one wherein you messianically raise your hands up like you're about to drop the hottest miracle of 2015. Flashing those pearly whites and dancing—hopefully not awkwardly—are more than enough for you to get it on with the crowd. Partygoers tend to emulate what they're seeing of you onstage. So if you're pretending to have fun, so will they. Keep it natural.



USE THESE FIVE FOOL-PROOF SONGS TO TURN UP A CROWD

"Booyah" by Showtek; "I Love It" by Icona Pop; "Pursuit of Happiness" by Kid Cudi; "Clarity" by Zedd; or any David Guetta song—'cause he's THE David Guetta, of course.



DON'T DRINK AND DJ

A newbie DJ should focus more on not looking like a doofus up there, so perhaps a bottle might just be enough to loosen you up. Even experienced spinners manage their alcoholic intake during sets, and only to acclimate to the crowd's mood.



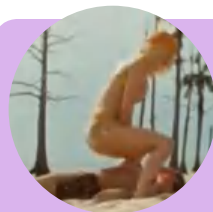
LADIES DIG 'GIRLY JAMS'

Nothing screams "We run the world" other than Beyoncé's anthems—well, literally. Keep in mind that women are there to sing and dance their hearts out so love ballad mixes rarely work. Better yet, ready an EDM remix/bootleg version of Queen Bey's "Love On Top."



BUILD UP, SUSTAIN, COOL DOWN

A DJ must dictate and, at the same time, jive with the crowd's energy. Show usually starts an hour before midnight, so you might not want to kick things off with your choice beats (e.g. "Booyah"). Same when you're about to wrap things up, emotionally charged EDM songs are your thing—John Legend's "All Of Me" has been remixed for the nth time, just look it up on YouTube.



BATHROOM BREAK BEFOREHAND

Unspoken rule: a DJ almost never leaves the stage. Your board is a highly volatile instrument, so you might want to get all that prepping done before settling in. Bladder control is key—another reason you shouldn't drink one too many...



Cue point and looping controllers, and groove production systems

For: Those who are set to embark for Tokyo, Japan to represent the country for the second time at the Red Bull Thre3style World Finals (like Carlo).



Let's head over to the South

...and see if they have more fun in this side of the Metro

There's something about the kids from the South you can't quite figure out, but they're different. They're tagged *conyo* and hipsters because maybe residing in the area, where taxi drivers beg off to go and most private villages have their own TODA, they don't get much chance to mingle with other Manileños. Or maybe because the old rich of Alabang have successfully made a reputation—er, misconception, that everybody from that pole is just like them (well, that would have been nice). Or maybe because the food strips inside the big villages have fast become an attraction, making weekends a regular street party (aka cool thing).

How do they do it down under? Here, we lay down the points...

01

Class: High

Geographically situated near the Ninoy Aquino International Airport and the old Nielsen Tower, many w, former pilots, flight attendants, ambassadors, and jetsetters reside in the South. You could say a good number of people who could afford traveling in and out of Manila and the Philippines live here. Yes, they literally fly high.

02

Come over, you're welcome

Commercial strips inside residential subdivisions are a staple for non-Southerners for food trips and some booze action. Aguirre Street on Friday?

Game! It's the Maginhawa Street of the South.

03

SLEX = Road Trip

Every kid from the South knows that summer getaways are literally just a drive away. Want to chill? Tara, Tagaytay! Beach day trip? Nasugbu! Take your pick.

04

B&B

Then there are places like Casa San Pablo in Laguna where your urges for earthy rest and recreation are sated—with its rustic-style bedrooms, hammock under the greens, and filling, home-style food.

05

Everybody knows each other

Since malls and other more popular hangout places are not so accessible to public transit like MRT/LRT, the crowd is composed of mostly the same people living near the area. It won't be surprising if Sunday family lunches turn into clan get-togethers.

WORDS:
CHISE ALCANTARA,
PONG CASTILLO
ILLUSTRATION:
THEODORE CRUZ

The grass is always greener on the south side.



SWAG OF THE SOUTH



THE SOUTHSIDE COLLECTIVE

"But the South is such a huge place! How will I ever explore it all?" Well, Tater's has just sponsored an event, a culmination of all the good things about the South at the Commercenter, lucky you! Here are some of the creative talents you'll want to catch over there...

Tandems '91 and The Strange Creatures

Combining classic pinoy sounds with a modern techie vibe, their music will surely send your mind into that zone of tranquil Southern harmony.

UST College of Fine Arts

These young talents exhibit their awesome works all around the Philippines expressing their own interpretation of the artsy Southern culture.

Radioactive Mushrooms In The Forrest

Their perfumes will remind you of a wide-array of memories from the freshness of mountain air to memories of cuddling with your girl.

Salad Day, Slaves of Liberty, and Gian Romano

Wearing these comfortable yet stylish brands will definitely get some heads turning as you pass by and let them inhale your aura of suave.



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UPPER

FlexShell technology to keep your feet dry and protected in rainy or rugged conditions



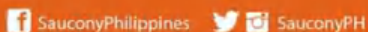
MIDSOLE

POWERGRID in heel provides cushion upon heel strike



OUTSOLE

iBR+ pod added to midfoot delivers smoother transition



Saucony Store Glorietta 3 Saucony Store U.P. Town Center Runnr Bonifacio High Street Runnr ATC Runnr Cebu Runnr TriNoma Olympic Village Ermita
Olympic Village Festival Mall Olympic Village Pioneer Olympic World ATC Sports Central Megamall Sports Central MOA Toby's MOA Toby's Glorietta 2 SM Department Stores Robinsons Place Manila

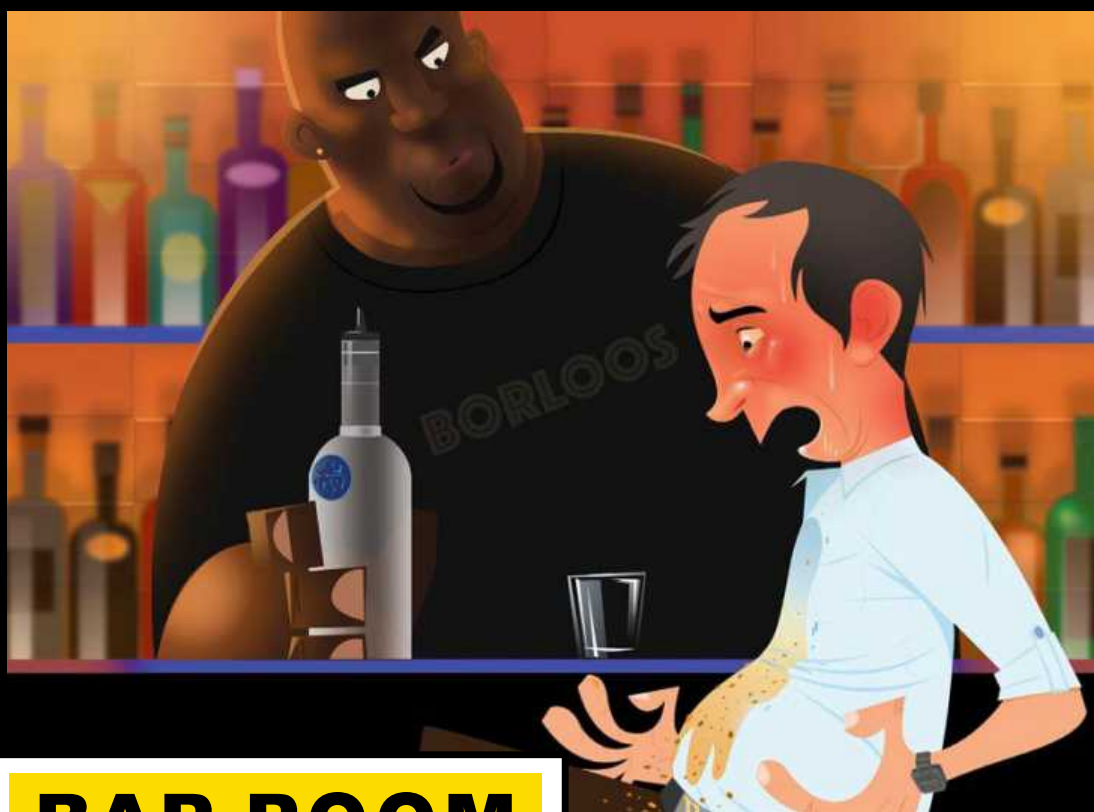


ILLUSTRATION: MIKKE GALLARDO

BAR ROOM JOKES

Makes you happy
when skies are gray

Addiction in a nutshell

A mechanic noticed his co-worker drinking brake fluid at lunch. "What are you doing, man? You can't drink that stuff!" "Relax," replied his co-worker, "this stuff tastes pretty good, and I don't drink it all the time." "Seriously?" the mechanic exclaimed, "that brake fluid is poison!" "Hey, man!" yelled the co-worker, "Back off! I can stop any time I want." **AllWeDolsWin, via Facebook**

Wrong diagnosis

Doctor: What seems to be the problem today?
Patient: Doc, I fart all the time!
Doctor: Hmm.
Patient: My farts do not stink and you can't hear them. It's just that I fart all the time. Look, we've

been talking here for about ten minutes and I've farted five times. The doctor picks up his pad and writes out a prescription. The patient is thrilled.
Patient: Thank you, Doc! This prescription, will it really clear up my farts?
Doctor: No, the prescription is to clear your sinuses; it stinks like a fermented diaper in here. Next week I want you back here for a hearing test. **Mehganon Taylor, via Facebook**

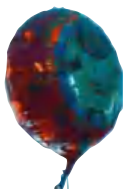
Color blind

Q: What's the difference between a flashing red traffic light and a flashing yellow traffic light?
A: The color. **LustyLester, via Facebook**

Drunk dry cleaning

A drunk walks into a bar, orders a shot and immediately pukes all over his own shirt. "What am I gonna do now? My wife is gonna kill me!" "Relax," the bartender says, "Give me a P500 bill." The bartender folds up the bill and puts it in the guy's shirt pocket. "Tell your wife some drunk puked on you and gave you P500 to have your shirt cleaned." "That's a great idea!" When the

drunk gets home his wife answers the door. "Where have you been?" she asks. "What happened to your shirt?" He tries to put on a sober voice and says, "Relax, honey. Some drunk guy puked on me and gave me P500 to have my shirt cleaned." The drunk's wife reaches in his pocket, grabs the money, and says, "There's P1000 in here!" "Oh yeah, he shit my pants, too." **Lazy Dazy, via email**



Send us your
funniest jokes at
[Facebook.com/fhm.ph](https://www.facebook.com/fhm.ph)

DIRTIEST JOKE SHE KNOWS



Boy: Blackberry ka ba?
Girl: Bakit?
Boy: Kasi, ang ganda ng "curve" mo, lalo na siguro kung "bold" ka!
J-em, stylist, 26

BARRIO JOKES

THE DARKNESS

Titser: Ano ang kabaligtaran ng salawikaing ito?
"Ang mga bata na nasa kadiliman ay nagkakamali!"
Estudyante: "Ang nagkakamali sa kadiliman ay nagkakaanak."
Titilaters, via Facebook

HULING HIRIT

Anak: Itay, ano po ang gusto niyo—magpalibing o magpa-cremate?
Ama: Ikaw na ang bahala, anak. i-surprise mo na lang ako. All right...rock 'n' roll to the world!
IdolKitaSirRems, via email

Rock 'n'
roll to the
world!



VOID MARRIAGES

Habang nag-aaway ang mag-asawa...
Babae: Mabuti pa ata kung nagpakasal na lang ako sa demonyo!
Lalaki: Weh, bawal kaya magpakasal sa kamag-anak.
TamaNgaNaman, via Facebook

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LOUNGE



PHOTOGRAPHY:
EJAY LEUNG

OF MIDNIGHT BONKERS

STYLING: DEBRA BERNALES

ASSISTED BY: MADEL DODOYCO

MAKEUP: ANNE CASTAÑO

HAIR: ANGELU DOMINGUEZ

WINGWOMAN LOGO:

AUGGIE FONTANILLA

CLUB + PARTY MANNERS PLEASE!

BUT FIRST, CHECK
YOURSELF AT THE DOOR

Is there such a thing?

Our ever reliable ladies' expert fills you in

1

THE LIKABLE GUY'S DRESS CODE

What to wear, what not
to wear

Guys, I know that you think this isn't important, but it is—it's very important. Women don't want someone more done up than they are, but they still want someone who know how to dress themselves. The trick is to look good without looking like you put a lot of effort into dressing—even if it did take longer than 20 minutes to dress. Here's the cheat sheet I've come up with...

WHAT TO WEAR



A watch is a must. It doesn't have to be flashy and all up in her face. Make sure it matches your character, that's what's important.



A plain black blazer with a slim fit. It's simple yet stylish. This lets a woman know you can be formal—when needed. Wear it when and where it counts.



Patterned socks. Just because your feet are hidden doesn't mean people can't catch a glimpse. Pick interesting patterns and color schemes.

WHAT NOT TO WEAR

At a formal dinner, you shouldn't be wearing a T-shirt. That would be a huge turn-off. Unless you can put your own spin to it, always wear the appropriate attire for the activity planned.

Tight necklaces for men are also a no-no. That's been out of fashion since the late '80s and '90s. If you have one, just get a longer chain for your bling—you'll thank me later.

Sneakers aren't formal wear. Put on smart shoes—preferably leather, but not necessarily. Just make sure that the style of the shoes suits you. But move past sneakers.



2 DANCE FLOOR ETIQUETTE

There are certain moves that should be done and some that you should never even try.

A Brave dance moves are a plus sign for me personally, and it is definitely a turn-on for the ladies. If you know how to do an extra move here and there, I suggest you flaunt it while you're dancing with her.

B Grinding is a little bit naughty and should only be done at night clubs in the late hours of the night or early hours of the morning.

C Appropriate hand placement is also important: no ass grabbing while on the dance floor, please. I'm not saying don't touch her ass—just do it in a more flirty way.

THINGS YOU DIDN'T
KNOW ABOUT
DIVINE MAITLAND-
SMITH

She has musical proclivities

I DJ for the Jive Crew. I mainly do events or launches but if you want to catch me at a club, I spin at The Palace Pool Club some Sundays, and random nights at Black Market—my favorite places for nighttime activities! And yes, I do sing. Hopefully, you'll be able to hear some of my stuff. In the meantime, come to one of my gigs and check the music out!

Touching her ass the flirty way
Place your hand on her lower back and occasionally let your hand slide down a bit.

3

IS IT A GO, OR A NO?

This one just seems complicated but it is actually quite easy.

Not so obvious: If a woman stops making eye contact with you after you've tried some of your moves on her, then that means she is no longer interested in you and you need to move on.

Pretty obvious: When she turns her body away from yours, so she is no longer facing you directly, and she replies with short answers, no longer making more room for you to continue or start another conversation.

Complicated: Then again she could also be shy; in this case, eye contact is brief but her body will still be facing and engaging you. If she is just shy, then don't give up!

To avoid being a no: Always back your talk up. To back your talk means if you say you have a car and she asks to see it, you better have one. Don't lie.

YOU CAN BE (A SORT OF) MACHO MAN

When wit and good looks still don't cut it, work on these parts for size

The age of the #dadbod has come to an end. But cute, health-conscious girls who get their hearts racing over ripped abs and biceps are a reality that never goes *laos*. With the help of Fitness First trainer and nutritionist Joice Perey, we help you stay current and "pweds" in her book.

WORDS:
CHISE ALCANTARA

ILLUSTRATIONS:
JAMES ANDRES

Alternative Workouts:

Rock climbing, dragon boat rowing, swimming, tennis, and other sports that involve arm endurance and strength can also be taken up to fill out and load-up your guns.



LEGS

Fit chick: Elaine, 22, Mountaineer

Confession: "Iba yung dating ng lalaking may toned legs—yung mukhang rugged and marami nang sinabak. Ayoko ng masyadong sheltered-looking legs, ha ha!"

THE WORKOUT PLAN

Some mixed functional and weight workouts that'll give you legs like Beckham.

Plyometric Box Jump Squats (12-15 reps, 3 sets)

Maintain a strong stance when taking off and landing—both feet should be acting simultaneously. Focus on a gentle landing and avoid buckling your knees.

Jump Rope (30 reps, 3 sets)

If you mess up, try to add one more rep to the count so you'll still get the workout's full effect.

Leg Presses (12-15 reps, 3 sets)

To check if you're using your legs' full range of motion, see

that your knees and the tip of your toes are aligned when you sit down at the resting position.

Alternative workouts:

Mountain climbing and hiking if you're the outdoorsy type. Jogging and biking also help.

ARMS

Fit chick:

Jean, 21, tennis player

Confession: "When a guy's arms are toned, feeling *ko may personal bodyguard ako*."

THE WORKOUT PLAN

Mostly free weights at the gym. Bicep curls, hammer curls, cheese curls—er, well...you get the picture.

Bicep Curls (12-15 reps, 3 sets)

Have both palms facing you while keeping your elbows in while you pump.

Hammer Curls (12-15 reps, 3 sets)

Have both of your palms facing each other while pumping both arms simultaneously and keeping your elbows in at all times.

Tricep Extensions (12-15 reps, 3 sets)

Start with the dumbbells directly above your head; your palms should be supporting one end of the dumbbell with your palms. Bend your arms backwards slowly then lift up your arms to starting position.





SHOULDERS

Fit chick: Donna, 24, dragon boat rower

Confession: "Guys with broad shoulders appeal even with clothes on."

THE WORKOUT PLAN

Key words: wide shoulder rotation.

Plank with Arm Raise (12-15 reps hold each rep for 2 seconds, 3 sets)

Get into plank position. Keep your body straight and your butt down. Raise one arm forward at a time, holding for about two seconds at a time, then set arm down and repeat with the other.

Barbell Shoulder Press (6-8, 3 sets)

Simultaneously pump both dumbbells

up a 90-degree angle. Slowly lower them back down until you feel contraction.

Front Plate Overhead Raise (10-12 reps, 3 sets)

Keep your arms straight while you raise the weight over your head.

Alternative Workouts:

Volleyball, basketball, and dodgeball make use of a wide range of motion for your arms.

Better work on your supalpal game next time you step in that court.

CHEST AND BACK

Fit chick: Ria, 24, *Men's Health* Editor

Confession: "A man with a broad chest and a pretty ripped back—*lakas maka-weak knees*. I guess because it's easier to imagine me being enveloped in his body."

THE WORKOUT PLAN

Super sets are your best friends for adding quality mass to you chest and back area for that Apollo-like torso.

Super Set 1:

Pushups (20 reps, 3 sets)

Half pushups are fine if you can't support your own body weight yet. Just make sure you are feeling it on your arms and chest.

Back Hyperextensions (20 reps, 3 sets)

You can either do this on a medicine ball or a Roman chair. Bend at your waist and keep your back straight until it's 90-degrees perpendicular to the floor, then go back to your resting position.

Super Set 2:

Dumbbell Bench Press (10-12 reps, 3 sets)

Lie face-up on the bench. Lift the dumbbells up 90-degrees straight up perpendicular from the floor.

Alternative workouts:

Creative *kuchon* habits can be fat-burning too—the Wheelbarrow position, for instance.

Too easy? Try push-ups while doing it. Feel the burn.



Make sure your arms go all the way down each rep so the workout can really hit your chest.

Bent Over Two-Dumbbell Row (10-12 reps, 3 sets)

Bend over forwards at a 45-degree angle. Extend your arms downwards to full length, then pull the dumbbells to the sides of your chest while maintaining a straight back and keeping your elbows in.

Super Set 3:

Barbell Incline Bench Press (8-10 reps, 3 sets)

Lie down on the bench. Grip the bar wide enough that you'll be able to create a 90-degree angle with your forearm perpendicular to the bar at the middle of each rep. Slowly place the bar on your chest and pump once you're sure you have complete control and balance.

Wide-Grip pull-ups (8-10 reps, 3 sets)

Widen your grip with your palms facing forward. Make sure that you feel your upper back doing the work and not your arms. Pull-up and hold that position for a second then slowly lower yourself back down to your starting position.

ABDOMINALS

Fit chick: Nika, 21, Beach Babe

Confession: "What kind of girl doesn't like abs?"

Tinitigan ko pa lang, ang sarap na sa pakiramdam. It shows that the guy is disciplined and really cares about his body."

THE WORKOUT PLAN

Floor exercises that you can easily do at home with an exercise mat.

Circuit (Four sets continuous work-out, 30 seconds of rest after each set):

Reverse-crunches (20 reps)

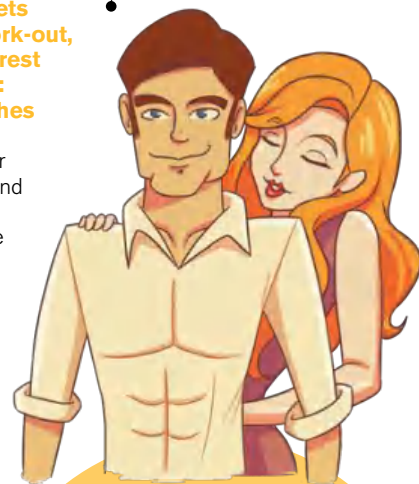
Lie down on your exercise mat. Bend your knees and push up from the floor with your palms to raise your lower back. Don't arch your back forwards while doing this as it may cause injuries.

Toe touches (20 reps)

Lift up your legs while lying down on the mat. Try to reach your toes while keeping your legs straight.

Planks (30 seconds)

Get on your elbows while keeping your body straight. Support your weight with the tip of your toes and arms. Maintain your position as best as you can.



Alternative workouts:

Don't forget the cardio. The key to losing belly fat is burning it off through hard and consistent endurance exercises. Perey says before any *pandesal* packs render themselves visible, "Most men will first need to drop their body fat percentage 10 to 17 percent. To have it drop to that percentage, religious exercise and proper diet is key."



SHE WANTS TO ROLE-PLAY

Bury the taxi driver shtick in the past—here are other rousing roles to assume when she wants you to get crafty...

ILLUSTRATIONS:
CON LACHICA

WORDS:
CHISE
ALCANTARA



DARNA X DING

We all knew Ding was a pre-pubescent *manyak*. This role play is when your woman wants to exercise her dominatrix side. It helps if she's a hot *batak* female who can carry you on her back. And because it's Darna, she'll have to...well, swallow that *bato*.



HALF AND HALF

Inspired by glory hole scenarios, the *manananggal* role play involves hiding one half (either the upper or lower half) of your partner's body. Be it through a giant hole in a wall, through a tinted window, a cardboard box—a lot of ordinary things can be used to stimulate your partner for this mysterious and sexy experience. Pro tip: Can also be useful if your partner is a *hipon*.



BANKED

This one is more of striptease foreplay. Your woman banker hides behind a thin curtain—thin enough to cast a silhouette. She offers suggestive activities, miming increasingly erotic positions until you decide if it's a "Deal" or "No deal."

PROP IT!

Not so usual special effects to bring in the fold



BALUT

Where chocolate and berries are expected, this natural aphrodisiac will make things meatier and energize your night even more.



BANANA LEAVES

Lay on your bed to literally green things up. Will snag every time you move, but that's part of the challenge. Tell her it's good for the skin, too.



ABANIKO

Something for the ladies, to get their *pakipot dalaga* game on, and rile you up by covering and uncovering each other's sexiest places.



CHOCOLATE OVERLOAD

There are two awesome things about this role-play. First, you'll lose a lot of calories; second, it promotes healthy competition between partners. Rub white powdered sugar all over one partner, and chocolate powder on the other to have sweet pretend-interracial love with one another. First one to turn his or her partner back to their original complexion wins. Is it racist? It's just chocolate, man.



FOR SCAT FETISHISTS ONLY

ANG IBONG ADARNA

Probably the most exotic thing on this list, but hey, it works for some people—best done when your partner is about to fall asleep. According to the actual epic, the Adarna turns journeymen to stone whenever its *ipot* lands on them. Now interpret that scenario in the bedroom (or tub for easy cleanup)—with two consenting, scat fetishist adults. Let the bombs fly. Your business entirely.

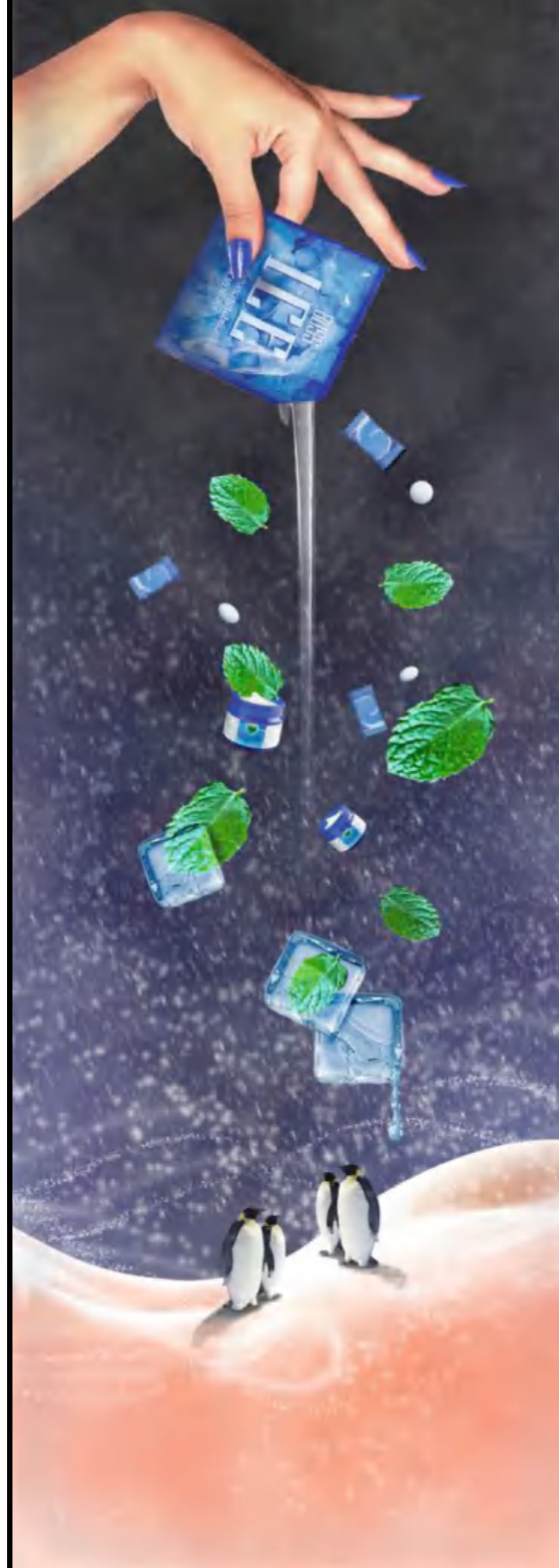


DANCE OF DEATH

For ladies who love to dance, or who love dancers—why not bust out this special version of extreme *tinikling*? And have her thrust to the rhythm of, erm, beating *kawayan* poles. Works for two people, and more. Threesome and orgy *tinikling*, anyone?

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PHOTOGRAPHY: **SHAIRA LUNA OF AT EAST | JED ROOT**
STYLING: **DEBRA BERNALES**
HAIR: **RHOY CERVANTES FOR L'OREAL PROFESSIONEL**
MODEL APPEARS FOR ILLUSTRATION PURPOSE ONLY

LOUNGE

LADIES' CONFESSIONS

Batteries, tequila, and refrigerator-assisted pleasures

Japanese schoolgirl's first toy

I recently learned about sex toys from my blockmate in college. She encouraged me to buy my own vibrator because she told me I was missing out on something really awesome. I ordered one online since I was too embarrassed to go to a shop and buy one. Thankfully, I was the one who received it from the mailman. I quickly unboxed the "rabbit" in my room and locked the door. I got the batteries from my remote control and put it into the toy. I turned it on and was surprised at how lively it was. I removed my already-wet panties and slowly inserted the excited vibrator into my hole. A few seconds inside and I was already sweating. I was panting heavily, and was letting out soft moans. It was about over a minute when I remembered that I let out an "Oh my god," for the first time

in my life while masturbating. It was electrifying. I was tempted to take the vibrator out since I already came but I tried to keep it in for a little longer. I started letting out what sounded like Japanese schoolgirl porn moans (which I technically was at that time, ha ha!). I never thought I would moan like that but the vibrator was so pleasurable, and I couldn't help it. I still use my three-year-old "rabbit" from time to time for that nostalgic schlick session I need once in a while!

Haponesa, via Facebook

A little bit of help from my friends

Ever since my husband and I got married, our sex life has gotten increasingly boring. To heat things up, he invited a handful of close friends to our home to down tequila shots and do other naughty things with us. Including my



Keep sending
your escapades to
fmladiesconfessions
@gmail.com or
Facebook.com/fhm.ph

husband, there were four guys present. I was surprised when my husband suggested that the guys take shots off my body. The first guy licked salt off my neck. The second guy was a real horndog and tried to motorboat me. The third guy asked my husband if he could lick my thighs. My husband surprisingly obliged, and down his friend went on me. He licked my thighs and *singit*. My husband was classy enough to just kiss me on the lips.

I was very horny from all the stimulation I received so I asked my husband to have sex with me upstairs. He got tired after one round but I wanted more. I asked our friends if they wanted to join

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NAKASISIGURO GAMOT AY LAGING BAGO



us upstairs, and one girl and one boy were game for it. The only restriction: no penetration between spouses and the third parties—but that didn't stop us from having fun.

Both of us tried to make the other jealous by pleasuring our friends the best we could. My husband finger-fucked the girl until she squirted all over his hands. I gave the guy the best blowjob I could muster. He came all over my chest and some of his stuff even got on my face. After our guests left—my husband and I had to clean the juices all over the floor. I guess having orgies does have its downsides.

Ms.Jones069, via FHM Bullboard

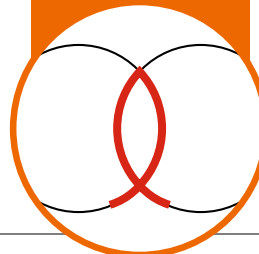
By the fridge

My boyfriend and I wanted to spice things up in the bedroom so we decided to get ideas from R-rated Pinoy movies. We recently watched *Liberated 2* and were amazed by the refrigerator sex scenes shown in the movie so we decided to try it out. My nipples got cold from the air from the fridge and we both got turned on by the whole scenario. We removed each other's clothes as we kissed each other all over. He lifted my leg up to put his penis into my vagina. I was really getting into it, and was actually close to orgasming when he suddenly stopped and said, "My balls are about to freeze off." I laughed

**MEANWHILE,
IN LADY
PARTS I.Q.**

Weird Metaphor

Besides flowers, oysters, and handbags, another symbol for the human vagina is the vesica pisces, or the "vessel of the fish." It's the same symbol early Christians use to reference the Messiah or Jesus Christ.



and closed the refrigerator. I cupped his balls and massaged them until they were warm and soft again. I could tell he was really enjoying my massage since the tip of his dick started getting wet when I squeezed them gently. I finished him off with my signature handjob.

BestWaifu, via Facebook

'I got the batteries from my remote control and put it in the toy. I turned it on and was surprised at how lively it was...'

After-fap talk

I have the hots for this girl from the office but she doesn't know I'm a lesbian. We had mutual friends so I eventually got to talk to her. We eventually became treasured acquaintances and she got more comfortable around me. Last month was the sportsfest of our company. I was really happy to see her toned butt that perfectly filled her short shorts. After the games were done, I decided to take a bath in the showers. The image of her naked body had me touching myself while showering. I just needed a really quick cum to let off the horniness. I played with my clit and my fingers got creamy in no time. My whole body shivered as I came, and the hot water washed away the excess cum on my pussy. As I walked out of the shower, there she was, my crush, in her towel. We stood awkwardly in silence; you could cut the tension with a knife. Good thing she broke the silence saying, "Ang pink nung sa'yo ah. Nakakainggit." She motioned to my chest. I looked, and one of my nipples was showing. I covered up and laughed, then quickly walked away. A truly weird feeling to talk to someone you just masturbated to just moments ago. Oh well.

PonyHoney, via Facebook



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Flat panel design looks like a smartphone. Engine RPM indicator is the same Hayabusa and GSX-R1000 in specification.

ACCESS

SEPTEMBER
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YOUR
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THE MAKINGS OF MARIMAR

Looks

Big beach hair, year-round tan, skin and curves, and a smile that hypnotizes. Gents, it's Megan Young!

Name

Imagine introducing her to mom, you give that first syllable a hard roll of the tongue: "Maarrimar..." #clazz

Wardrobe

Loose and sheer. Floral or lace. Marimar almost always strides the shores barefoot, her sleeves falling off her shoulders. It's innocent yet so sensual.

Residence

We search long and hard every summer, but still no sighting of a real-life Marimar.

Pulgoso

A man's best friend, and an instant indicator of how kind and *maalaga* a girl is. Also, you would want to get close to Pulgoso for the inside scoop on how to win over Marimar. Man, the pooch does talk!



02 LARGER THAN LIFE

● HOW THRILLING WILL RIVER MONSTERS SEASON 7 GET? WE TAKE HINTS FROM HOST AND HUMAN BAIT JEREMY WADE

WE HAVE MORE FUN(NY) FROM THIS SIDE OF THE WORLD

THE ASIAN KIN OF FRESH OFF THE BOAT IS PROOF THAT WE HAVE EQUAL LEVELS OF HILARITY AND CRAZINESS. HERE ARE OTHER SITCOM CHARACTERS FROM THIS SIDE OF THE HEMISPHERE THAT CRACKED YOU UP GOOD



Unidentified shark from Alaska

Monster factor: 4/5

The RM team investigates the disappearance of fishermen, and spots a shark's fin while at it. Just how interested could the predator be in humans? Wade literally jumps in to know (Hint: he's still alive)



Greenland shark

Monster factor: 3/5

Preys on smaller fish and seals. It's slower than its peers, but hey, it's still a shark. Can't eat them for dinner either—chomping on their toxic flesh will kill you.



Loch Ness monster

Monster factor: 5/5

As the team tries to solve the mystery of this prehistoric mythical creature, their quest leads to discovering other fascinating creatures.



ROFL

Randall Park as Louis Huang

Seen in *Fresh Off the Boat*
The father of the migrating Taiwanese brood. An Asian guy living the American Dream surely sounds relatable to Pinoy.

Best punchline: "Eddie, half the reason I came to this country is so that you can have sex..."



Matthew Moy as Han Lee

Seen in *2 Broke Girls*
Korean employer at Williamsburg Diner, whose attempt at trying anything Western ("I'm the Steve Jobs of restaurants. Call me Han Job.") is easily a laughing matter.

Best punchline: Every punchline thrown at him.



LOL

Kimiko Glenn as Brook Soso

Seen in *Orange Is the New Black*

She's annoying and different in absurd ways—she once refused to shower to prove natural odor is fine..

Best punchline: "You're so calm...are you a murderer?"



03

OUT
SEPT
9

MOVIES

COME AND SEE THE OTHER GUY

● HENERAL LUNA DIRECTOR JERROLD TAROG TALKS ANTIHEROES, VETERAN ACTORS, AND BADASSERY



We can tell from the trailer that the movie is very intense and action-packed. Any twists to break through all the gun-firing?

Expect a Pinoy version of *Game of Thrones*, maybe? Or expect nothing and just be surprised. **The cast is composed of veteran actors, with John Arcilla taking on the big role. How do you think this would affect the movie?**

We did consider box office potential in terms of casting but we figured integrity was more important for what we were trying to achieve. There were certain actors who were just non-negotiable. Two of them are, of course, John Arcilla as Luna and Mon Confiado as Aguinaldo.

Would you say it was easier working with them and motivating them?

Generally speaking, it's always easier working with actors who are focused on craft and who carry no pretentious behavioral baggage. That goes for bigger stars too.

We have read about Gen. Antonio Luna in history books. In what light will the film portray the hero?

We took our cues mostly from Dr. Vivencio Jose's *The Rise and Fall of Antonio Luna*. More importantly, we rarely have an antihero in our local movies so this would be one of the film's most novel aspects.

Antihero—what was his most badass trait?

That he didn't care about *pakikisama* and stuck to his principles at the expense of his popularity. We have a deeply ingrained regionalistic mentality, and that was Luna's biggest enemy, more than the Americans even. He faced it head on and tragically lost because we have a history of betrayal. Still, I would say his integrity was his biggest victory and that's what we're trying to put on film for posterity's sake. **FHM**

WORDS: PONG CASTILLO

INTERVIEW: PONG CASTILLO

WHAT KIND OF JOHNNY DEPP ARE YOU?

● IF YOU THINK THAT, LIKE HIM, YOU'RE COOLER THAN COOL, THEN PICK A MOVIE PEG YOU CAN SHAMELESSLY APE

Edward Scissorhands

If you're a goth who creeps out just about everyone with your bizarre appearance but are actually gentle and kind on the inside, then Edward is your inner Depp.

Sweeney Todd

Grim barber Sweeney Todd stealthily murders his clients and profits from their corpses as they are made into manpies. The baddie for anyone who's master at keeping secrets.

George Jung in *Blow*

In this drug-trafficker biopic, Jung decides that cocaine is more profitable than weed. The resourceful and career-driven type can naturally identify with Depp here.

Captain Jack Sparrow in *Pirates of the Caribbean*

The scruffy, groovy-drunk Jack Sparrow brought to life our childhood fantasy to be pirates. This could be you if you are in a constant state of bewilderment and intoxication.

John Dillinger in *Public Enemies*

This is for the effortlessly slick and smooth because Depp was never more winsome on-screen as the legendary bank robber Dillinger.

Ed Wood

Ed Wood is for anyone whose oddness identifies him as an outcast but resolves to stay true to himself. An eccentric filmmaker that everyone has deemed a failure. His persistent spirit proves to be his triumph in the end.

Mad Hatter in *Alice in Wonderland*

Considering he played a literally insane character, the Mad Hatter role is perhaps the craziest Depp has ever portrayed. The Mad Hatter stands for those who walk on the wild side and are often told, "You're insane!" for doing so.

Donnie Brasco

An FBI agent who breaks into Mafia families, he develops a genuine bond with a hitman, compelling him to save his friend from murder. If you've found yourself in trouble to save your friends, this is for you.

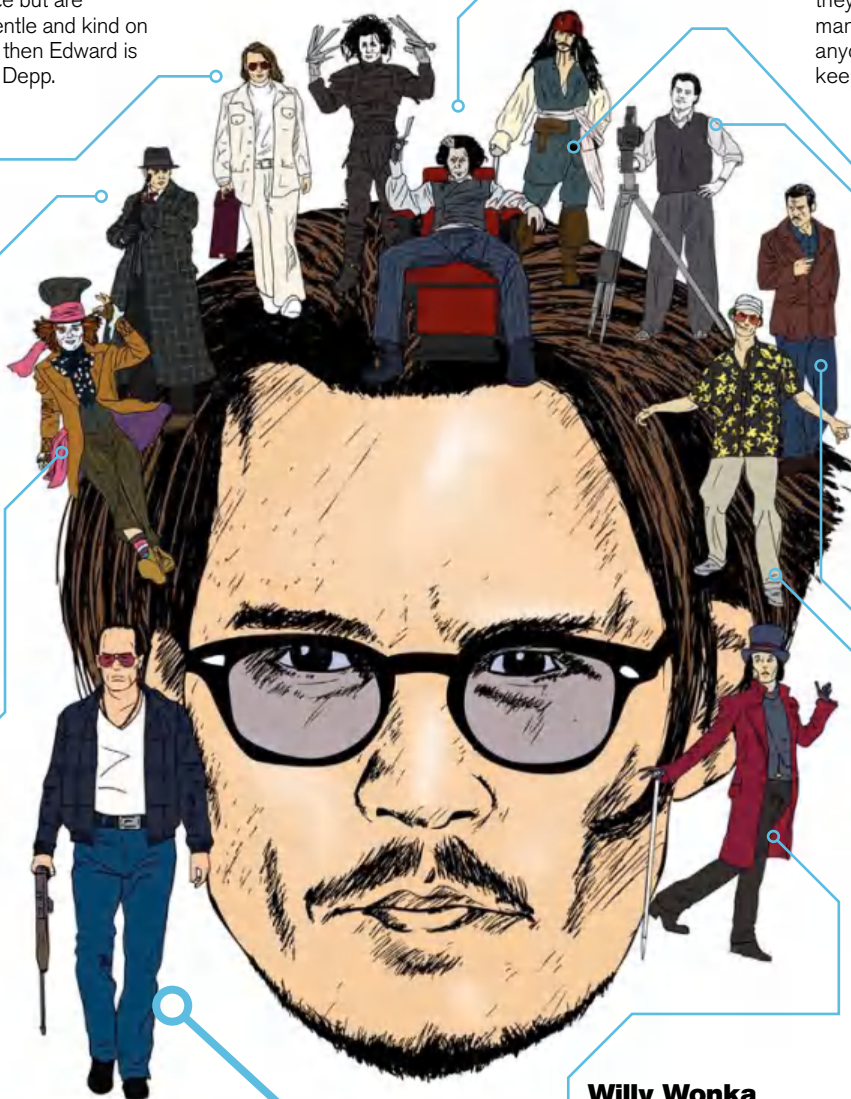
Raoul Duke in *Fear and Loathing in Las Vegas*

Ever had anyone say you have an addictive personality? Raoul Duke is just about your baddie! However, too much of anything is a bad idea. Depp as Duke trips out the whole film, portraying Las Vegas as a horrible place.

Willy Wonka in *Charlie and the Chocolate Factory*

You channel your inner Willy Wonka with your ruthless ways but, really, you mean well in the end. In 2005, Depp reprised the role of the chocolate-loving mad man who kept kids' attitudes in check.

Only Johnny Depp can be all different Johnnies at once. This month, he's a Boston crime boss turned FBI informant in the crime drama biopic *Black Mass*, where he tries to defeat an Italian mob. Now the other characters you can draw badassery from...



THE GRAND FACE-OFF OF THE HOTTEST VOLLEYBALL STARS!



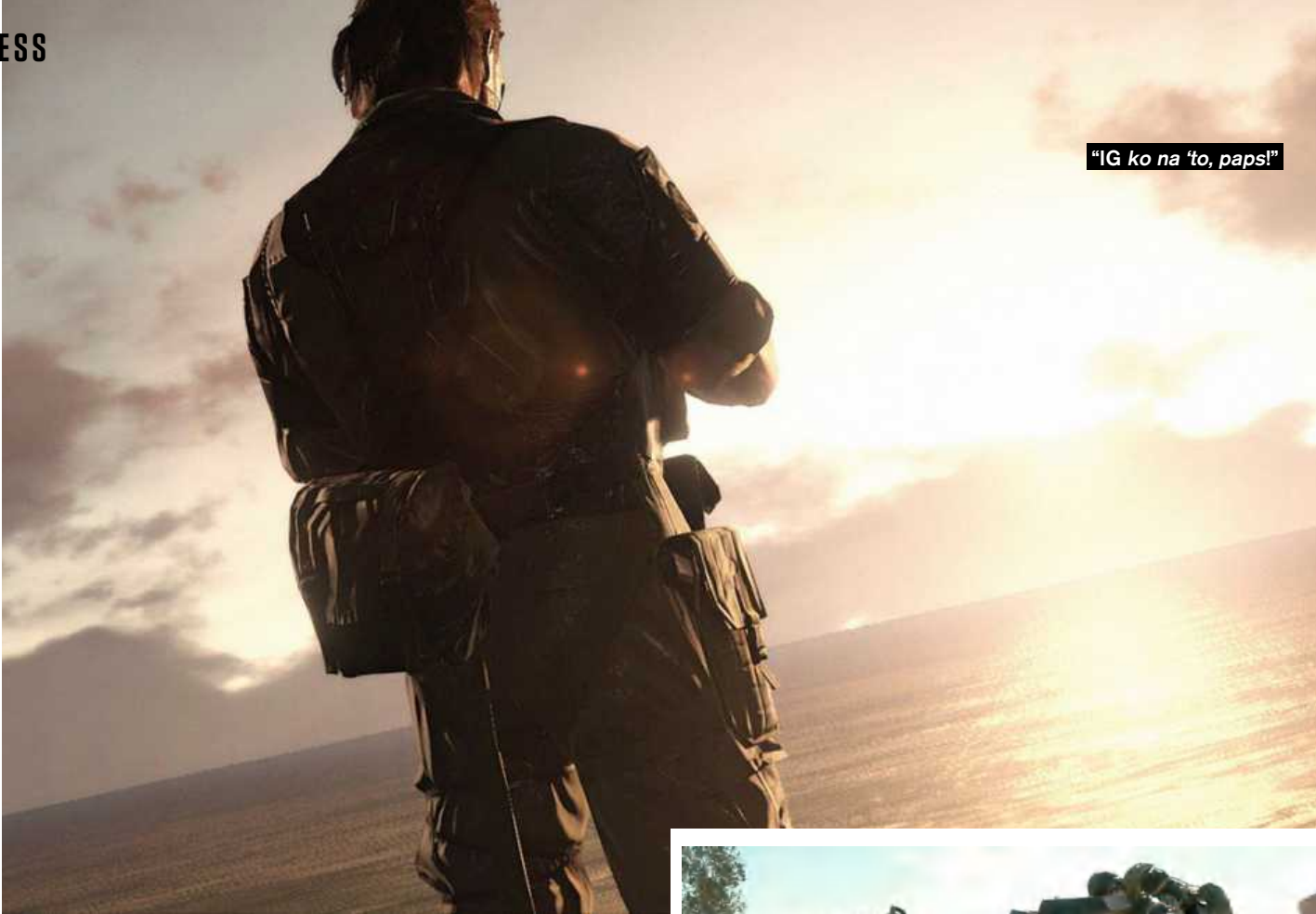
SIMULA OCTOBER 10



Livestream on www.SPORTS5.ph

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 "IG ko na 'to, paps!"

05

GAMES

THE LAST METAL GEAR EVER!?!*

● **METAL GEAR SOLID V: THE PHANTOM PAIN, AND THE DRAMA BEHIND A GAME FULL OF DRAMATIC CUT SCENES**

Even though its last few games have been ported to other systems, Konami's *Metal Gear Solid* remains a defining franchise on the PlayStation. But will *Metal Gear Solid V: The Phantom Pain* be the end of the beloved series?

Trouble began when creator Hideo Kojima's Kojima Productions sub-brand was seemingly dissolved on business listings and records. Then more trouble came when "a Hideo Kojima game" was removed from websites and other promotional content for *MGS:V*. Konami wouldn't give a straight answer

whether Kojima had left or not.

So in the meantime, let's enjoy the biggest *Metal Gear Solid* game ever to come out, a title that slips into the time period after the PSP *Metal Gear: Peace Walker* and the original *Metal Gear* on the MSX console.

It's 1984 in Soviet-occupied Afghanistan, and you play as Big Boss (voiced by Kiefer Sutherland), leader of the Diamond Dogs mercenary group. This being a *Metal Gear* title, of course a shadowy organization is building a super weapon and it's up to you to stop them.



*Well, this probably won't be the last MGS ever, but it could be the last one directed by Kojima. Meaning the next MGS could be way different from what we liked it for, but who knows?



WORDS: ASH MAHINAY

Blackwater


Christian Bautista
Endorser / Singer

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Photo taken at Hotel Rembrandt



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A T A L E
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TWO
EXTREMES



THERE ARE
A FEW THINGS
YOU DON'T
KNOW YET
ABOUT

YAM
CONCEPCION.
WE MAKE
SURE YOU
GET SO MUCH
CLOSER THIS
TIME

PHOTOGRAPHY
DOC MARLON PECJO

INTERVIEW
ALEX C. PAITA

MAKEUP
KRIST BANSUELO

STYLING
BADJ GENATO

HAIR
IWA AJINOMOTO
USING KEIRA HAIR EXTENSIONS
BY LYNELLE, SPECIAL THANKS TO
JENNIFER SEVILLA

SPECIAL THANKS TO
MS. VERONIQUE CORPUS AND
BARBIE LAURETA OF VIVA
ARTIST AGENCY

Y A M



A bottle of Tanduay Select Blended Rum stands on the left side of the frame. The bottle is dark with a gold-colored neck and a white label with red and gold accents. The label features the brand name 'TANDUAY' in large, bold, red letters, followed by 'SELECT' in smaller red letters, and 'BLENDED RUM' in black. Below this, it says 'Produced by Tanduay Distillers, Inc. Davao, Sulu, Cebu, Laguna, Philippines' and 'B16-11-03-00013'. To the right of the bottle, two glasses filled with rum and ice cubes are visible. The background is a warm, golden-yellow color with a textured, brush-stroke-like pattern. The text 'THE DRINK YOU DESERVE' is written in large, white, sans-serif capital letters across the middle of the image.

THE DRINK
YOU DESERVE

ASC NO.T105N061015T

18+ DRINK RESPONSIBLY.

Five people, composed of key persons from the *FHM* editorial staff, Summit's video group, and the day's creative team, had been handpicked to accomplish one daunting yet strangely rewarding task: Fan this month's cover muse, Yam Concepcion, from different corners of the studio as the camera clicked away. All to get her hair blown away in a manner only a typhoon signal No. 2 could effectuate.

Sore wrists, elbow tendonitis, sweaty armpits, and all, the band of fanners—it was hard to resist calling ourselves Yam's Official Fans Club, har har—flapped large illustration boards for three layouts, or close to a full hour, with maybe about five minute rests in between. Hey, if it's not painful, it's not art, right?

The rewarding part? We got the dark, mysterious *buhagha* hair effect we'd been going for. We had the perfect excuse to get as close as we could to Yam during the shoot, without breaking societal norms. And even more so, we earned praises from the lady herself. "*Ang babait niyo, sobra yung support ng FHM,*" she said. "It's so sweet of you to do that *para lang maging maganda yung shoot natin. Mga ganitong malilit na bagay hindi naman magagawa na yung photographer or ako lang,* but the whole team. That means a lot!"

It does. Because normally two large electric blower fans could've done the job. At *FHM*, we choose to do it with cardboard scraps and 10 pairs of flimsy arms. This is how we survive in the digital age.

But yes, please do consider it our small token of appreciation for this come-backing gesture of yours, Yam. It's been, what, three years? We missed you so bad and we thought it was about time we stopped wondering when we could have you on the cover again. So here... *flaps cardboards harder*

We remember asking, "Who are you?" on our first meeting. Sorry about that! There's no need for an elaborate introduction now, is there? Bakit mo naman nasabi yun? Ha ha! Everyone knows who you are and what you're capable of doing. So how has life changed?

It's still the same. I'm still my old self. But now I get more recognition from people, *at nakakataba ng puso*. You see that they recognize your work. Whenever I go out, somebody would just approach me and have a photo with me. *Yung ganun ka-simpleng gesture ng tao, nakakatuwa.*

What's the weirdest place a fan has stopped you for a photo-op?

Recently I went to New York for a

vacation. I was there for a week, then after I went to Washington DC to watch the Foo Fighters' concert. Dream kong panoorin sila nang live at *natupad na yun...*

Dave Grohl came up to you!

Ha ha, no! While I was walking around Brooklyn Bridge, may Pinoy na lumapit. Sabi niya, "*Artista ka di ba? Ikaw si Yam!*" So parang, naks, yabang ko! Ha ha! *Ang sarap ng pakiramdam.* I don't think it's weird but it's quite surprising because even in another country *nakikilala na rin ako.*

We'd have believed you if you said the Foo Fighters frontman did recognize you, you know...

Aaarrgh!

But were you able to meet the man?

Hindi ko siya na-meet kasi he had a broken leg because of their European

tour. So yung pinaka-last concert nila hindi na niya tinuloy. After ng European leg nila, ang first concert nila ulit was Washington DC, which was their 20th-anniversary blowout. So 20 years as a band and it was Fourth of July nung tumugtog sila. Sobrang big event siya in the States.

How would have it been like if you'd met him?

Wala siguro akong masasabi, sa sobrang respeto ko sa tao. Kaya ako nag-drums dahil sa Nirvana, dahil kay Dave Grohl. He can play the drums, he's a good songwriter, kumakanta, nag-gi-gitara, bass, everything. He's the epitome of a true musician. Sa first album ng Foo Fighters, he did everything himself. Sino bang makakagawa nun di ba? Sobrang saludo ako sa kanya.





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We're sure it would be a hit if you tried being a one-man band here as well. You play the drums and sing and do the ukulele. Should be easy! Ah no, *kasi* it's my brother who writes the songs. Ha ha! I wish I had his talent. **A lot can happen in three years, but obviously you haven't lost an ounce of hotness. How hard is it to strike the balance between rock 'n' roll and a rocking bod?**

Actually, I gained weight *pa nga eh kasi galing ako sa bakasyon*. So medyo may laman ako nang kaunti. But in order for me to lose weight, I go to the gym. It's important that I do cardio, boxing, everything, to sweat it all out. It's not for vanity's sake. It's more to feel healthy and energized. *Kasi pag okay yung condition ng katawan mo, makakapagtrabaho ka* for long hours.

But you rarely post gym selfies and workout videos, if at all. Yes, we are complaining.

I don't want to show off *naman* what I'm doing. And sometimes, it's my time alone when I go to the gym. It's not to show people *na*, "Yeah, this is my workout. I'm so hot!" Ha ha! *Hindi ako ganun*.

How about the title "new Pantasya ng Bayan"—how are you holding up to that?

Hindi siya mahirap i-maintain kasi I really don't see myself as that. *Hindi naman siya established na* title for me. I've only been in the industry for three or four years, and to have a certain title *na established na, malabo yata mangyari yun, di ba?*

But we believed the hype, and you delivered and exceeded expectations.

I don't know about that. *Nababasa ko minsan sa mga article pero siyempre*, I think it's a responsibility also to maintain a good figure but at the same time inspire people to always take care of themselves. *Hindi lang*

ito para sa sarili ko, I also want to influence other people *na...okay lang mag-ayos-ayos minsan*. Ha ha!

Had you been preparing for this shoot?

No, this is *biglaan*! *Nagulat na lang ako* when my management asked me if I could do *FHM* again. *Sabi ko* why not, it's been so long. And *kayo naman ang nag-launch sa akin* for my first cover, which was October 2012, so might as well take the plunge again and try something different. So it got me thinking, why not try it *habang bata pa ako?* Ha ha!

Do you still feel weird being surrounded by bearded men during shoots like this, or are you, like, "Meh, just another day at work"?

Ngayon mas confident ako, maybe because I've grown and I feel like I'm a woman and it should be celebrated. *Dati kasi parang may wall ako*, so ngayon I want to be open—this is me and this is how I do it! Ha ha!

You're one of the Lucky Stars on Kapamilya Deal or No Deal. Is it as fun on the set as it appears on TV?

Napamahal na ako sa buong production crew ng Kapamilya Deal or No Deal. Kina Luis [Manzano], kina Direk Bobet [Vidanes], as in parang one big family kami. *Nakakatuwa kasi mahahawa ka sa mga komedyante—sina Long Mejia, sina sir Dennis Padilla*. Comedy *talaga sila so yung work*, it's so light, *ang saya*. *Parang naglalaro lang kami*. And it's such a great experience interacting with them *kasi nahahawa ka sa humor nila*.

We can't forget the time you won piso. A peso, wow! How was that?

I played one game. *Nanalo ako ng piso*, so *nagkaroon ako ng title na Pisonaryo*. *Matagal kasing nawala yung Deal*, and *nung binalik siya*, kami *yung first batch [ng Lucky Stars]*. *Ako yung pinaka-unang Pisonaryo* and I think that's pretty memorable.

Er, congratulations! We guess after Rigodon, it has become much easier for you to act in front of the camera.

Before, whenever I'd enter a studio, *kinakabahan pa rin talaga ako*. *Alam mo yung sobrang nanginginig ka tapos malamig?* Pero you get used to it. *Nung nag-guest ako sa Gandang Gabi Vice, kabadong-kabado ako na parang wala ako sa sarili*. It's so overwhelming. Ngayon I'm more comfortable being in a studio. I'm more myself. *Kasi* sometimes when you're in front of a camera, you're not being yourself. *Sa utak mo, sasabihin mo yung gustong marinig ng ibang tao*, or to please other people, or to make a good impression. But now it's so much different. I guess I just show my real self. This is who I am. *Kung masaya ako, masaya ako. Kung ayaw ko, ayaw ko*. I'm more open now.



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What do you do to calm yourself down?

Minsan sa bahay, nag-ja-jamming kami ng brother ko. Nagugulat kami, minsan sa isang jam lang, nakakabuo kami ng kanta. Music for us is not like work or a business or *para lumabas sa radio*, it's just to please ourselves. It's very relaxing. Sometimes I just work out. And also, I play with my dogs. I have three Chihuahuas—si Hummer, Clementine, and Ursa. Sometimes, I also paint while listening to music. It helps a lot.

What do you paint?

Yung mga napuntahan kong lugar. I tried doing landscape—it's so hard! *May idea ka sa utak mo, pine-paint mo siya, pero pag nakita mo na, ang pangit!* Hindi naman ako talaga professional painter. So may works *ako na tsuma-tsambang maganda, may iba pangit talaga, literal.* Ha ha! I also do portraits, *pero yung portraits ko medyo abstract, hindi exact measurements ng human.*

About the band—is Ursa Minor still as active as before?

Not as much. But once in a while, we do hold reunion gigs.

Have you been enjoying the rockstar treatment since you were launched?**Free beers, earlier time slots, longer sets maybe?**

May perks din dahil artista ka, not only *sa band scene.* Like *pag sa restaurant, may complimentary items.* In fairness, *nakikilala na ako kahit papano.* When you're being recognized, *hindi dapat pumapasok sa ulo mo.* That's just work. It makes me feel very #blessed, ha ha!

You were a Star Patrolter for a day—you nailed that one! Ever considered doing news reporting for good?

That was in May 2015, *nag-sub ako.* *Sobrang ibang-iba yung pakiramdam kasi live.* There's no room for mistakes. *Yun yung hindi ko talaga makakalimutan* and I will be forever grateful for that experience. *Pangarap ko na nung bata pa lang ako to be a news anchor, at natupad siya kahit isang araw lang.* Hopefully, soon, we'll have more of that.

Heard the viewers liked it. Even the news anchors were joking that the floor director was busy having a photo-op with you.

Natuwa nga ako and it was so suprising *kasi nagpa-sexy ako* before. So in my head, I didn't think *na papayag [yung management] for me to do "Star Patrol."* *Nagpasa pa ako ng resumé—I'm a graduate of multimedia arts sa College of St. Benilde,* and I guess it's kind of connected to it. *Ayun, na-tsambahan lang* one day. I guess it's meant to be, *kasi walang harang eh, nangyari na lang bigla.*



Walang kumontra. And good feedback *naman* from everyone.

Please tell us it's not the last!

Soon, hopefully, *pag nag-absent si Gretchen [Fullido].* Ha ha!

We also hear you're doing top-secret projects now. Can we be the first to know?

Nag-audition ako for Season 3 ng *Penny Dreadful.* *Ako yung kapalit ni Eva Green.* So I'll be possessed there—ha ha ha! *Joke lang!* Feeling lang. Seriously, I'm part of an MMFF entry and a new *teleserye...yun lang.* Ha ha! We'll see.

Would you do another sexy film?

Depende sa story. If it's a good one and I'm comfortable with the role, then why not?

Rigodon part two—how does that sound?

Hindi siguro. Malabo na yun, yung magpapakita ako? Parang hindi na. **No hard feelings. Anyway, we guys**

normally don't give a damn about horoscopes but they say you're a Gemini. That means there are two sides to you...

I'm an extremist—it's either I'm happy or extremely sad. I can be super conservative or extremely wild, ha ha! I grew up in a Catholic school, so from that transition *bigla na lang akong nagpa-sexy.* So *parang ang layo ng tinalon.* *Dun pa lang makikita mo na kung gaano ka-weirdo yung isip ko, kung pano ako mag-decide ng mga bagay-bagay.*

Hooray for "extremely wild"!

When I say wild, I don't sleep around. I respect myself and my family. *Yung pagiging wild ko* when I have a boyfriend, I make sure I make him happy.

Specifics, please...

Ah, *dyan na ulit papasok yung conservative side ko.* Ha ha! **FHM**

We understand that special moments
are worth celebrating.

And that no matter how big or small,
every occasion deserves
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Go Further



Some of them are leading ladies, others are bit players; they're also hosts, dancers, and comedienne. Don't change the channel. These are the babes who keep you tuned in...




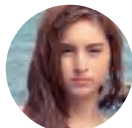
ALL THE GIRLS YOU WATCH ON TV

WORDS ANTON D. UMALI,
ABBY MENDOZA

PHOTO ILLUSTRATION WARREN ESPEJO

SKIN IS IN

Baring your bod for the lenses makes must-see TV with these svelte stunners

THE CHARACTER	SPECIAL MAN-EATER MOVES	PANTS-TIGHTENING SCENE	
Maja Salvador in <i>Bridges of Love</i>			
	Night club dancer Mia Sandoval, who becomes key to two long-lost brothers crossing paths again.	You know what they say. Good dancers are also great in the... kitchen! What else did you have in mind?	She'll turn you on with flirty shoulder-baring tops, lacy lingerie, and a lap dance, of course.
Lovi Poe in <i>Beautiful Strangers</i>			
	An ambitious interior designer who gets to have two names in the soap—Lea and Joyce.	Luring men with her dusky complexion.	Expensive couch sex, maybe?
Heart Evangelista in <i>Beautiful Strangers</i>			
	Kristine, a talented plastic surgeon who is in no need of cosmetic surgery herself.	Mesmerizing medical smarts.	An intimate one on one on the operating bed.
Arci Muñoz in <i>Pasion de Amor</i>			
	A solid stunner with a fragile past, Norma is the eldest of the Elizondo sisters.	Possesses a magnetic gaze that matches her enigmatic quality.	Despite her secretive personality, she likes doing it with the lights on, exposing her hot body for you to see.
Ellen Adarna in <i>Pasion de Amor</i>			
	Headstrong Sari is the middle child of the Elizondo sisters, who will do everything to prove her worth.	Speaking her mind to get what she wants.	She'll slip into the shower with you to soap you up.
Coleen Garcia in <i>Pasion de Amor</i>			
	Jamie, the youngest of the Elizondo girls, has a strong hold of herself, often leading to family conflicts.	Face of an angel, body of a devil!	She'll innocently ask what kind of porn you're into. Request you watch it with her, please?
Rhian Ramos in <i>The Richman's Daughter</i>			
	Successful at everything, Jade is her family's prized gem—until she falls in love with a woman.	She's independent. She'll make you crave her attention before she gives it.	She'll let you take command and do it to her doggy-style.
Glaiza de Castro in <i>The Richman's Daughter</i>			
	Althea, a passionate, career-driven, and proud lesbian.	Her swagger tells a lot about her, which just puts men (and women) at ease.	She grabs her vibrator and lets you watch her fiddle her thing.

HOT HOSTESS HYBRID

We play Dr. Frankenstein to form the fantasy host who will (hopefully) take over FHM TV one day

(MOUTH) ANNE CURTIS The *It's Showtime* diva might not be able to belt out a song in tune, but those lips still equal practically no one locally.

(EYES) TONI GONZAGA With sparkling eyes like hers, anyone from *PBB* will want to get evicted for a one-on-one exclusive.

(ABS) COLEEN GARCIA Thank God for Maldives and Instagram. Our first glimpse into Coleen's midsection.

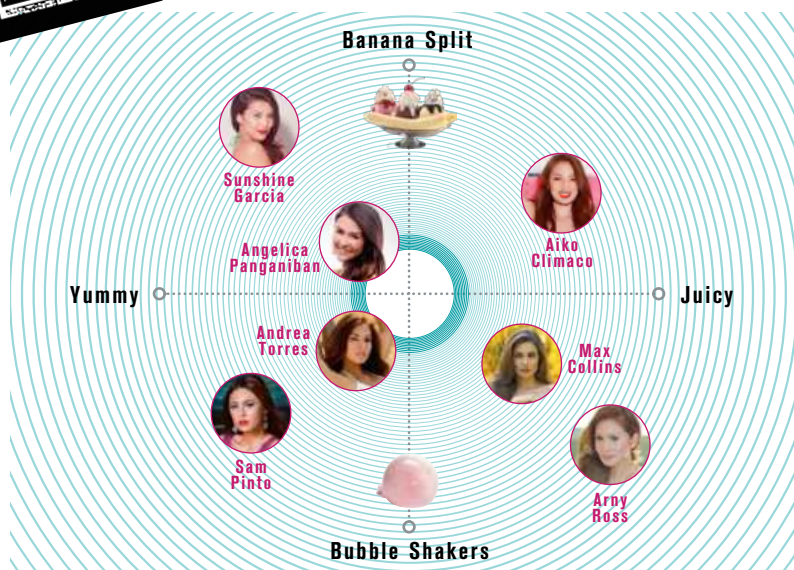
(LEGS) KARYLLE We're sure she gets those gams from her mother.

(ARMS) BIANCA GONZALES The *PBB* host's natural glow is just as beaming as her personality. And those toned arms...

(BOOBS) PAULEEN LUNA Pauleen's heart may belong to Bossing, but that doesn't mean we can't dream of her ample assets on our own time.



PHOTO ILLUSTRATION: LOUIS ARENAS



THE PRIMETIME SWEETHEARTS

WE PIT BOOB TUBE'S MOST COVETED PRETTY YOUNG THINGS AGAINST EACH OTHER FOR A BATTLE TO THE DEATH. WELL, NOT REALLY...



	KATHRYN BERNARDO	NADINE LUSTRE
Current television exploits	Reprising an iconic role that launched then-ingénue Kristine Hermosa into superstardom in the remake of <i>Pangako Sa 'Yo</i> . As Yna, she makes pitiful oh so watchable.	Stars in director Antoinette Jadaone's San Francisco-set romance, <i>On the Wings of Love</i> . As Leah, she makes a case for perky choir girls.
	1	0
Her arm candy	Dan Pad as Angelo Buenavista is simultaneously annoying and compelling to watch.	James Reid as not-so-smooth FilAm boy toy Clark Medina is just plain annoying.
	1	0
Love team handle	KathNiel	JaDine
	0	1
TV breakthrough	2013's <i>Got to Believe</i> , which sealed the KathNiel tandem's bankability with the masses.	RPN 9's children show <i>Storyland</i> . Storywhuuu?
	1	0
Most ridiculous-sounding movie	<i>She's Dating the Gangster</i>	<i>Diary ng Panget</i>
	0	1
WINNER	Kathryn comes out on top with 3 points. Though their looks and careers slightly mirror each other, the Teen Queen lords over her edgier rival.	

THE REAL DEAL

[WIFEY MATERIAL]



JENNYLYN MERCADO
One can only gape at and drool over this *Starstruck* champ's post-pregnancy, to-die-for body which earned her the *FHM*'s finest 2015 crown. It's for that reason this super MILF, award-winning actress, and triathlete secures the highest rank in this meter.



SOLENN HEUSSAFF
She might not have reigned supreme at her *Survivor Philippines* stint but this French-Filipina hottie; also painter, TV host, singer, etc. has always been secure in her own skin—reason her Argentinian fiancé Nico Bolzico had to put a ring on it last December.



AUBREY MILES
With rock-solid abs and a youthful glow, it's hard to believe that this *Survivor Philippines* finalist is 37. A stunner in a two-piece bikini, Aubrey obtained the loudest cheers at the *FHM* Victory Party last July.



KIM CHIU
Everyone's favorite *chinita* and funny girl is also the quintessential girl-next-door. Who would tire of taking this cutiepie on Friday night movie dates and weekend adventures?



BEAUTY GONZALEZ
Since her debut in *Pinoy Big Brother*, this Visayan beauty has always captivated us with her pretty face and candidness. Her evolution into an *FHM* cover girl got us all wanting to perform X reps of bicep curls by her side at the gym.



[GIRLFRIEND MATERIAL]



WHY PULGOSO IS THE LUCKIEST DOG ON EARTH

A brief timeline of Marimar's TV evolution so far

1994, THALIA

"MA-RI-MARRR! Auuwww! Costeñita soy..." That opening tune is probably just as iconic as the gyrating sun-toasted woman in a provocative frock. The phenomenal hit portraying the island girl who fell in love with that rich, handsome dude. Mexican actress/singer Thalia was inseparable from her titular character.

2007, MARIAN RIVERA

The mermaid-haired, salsa dancing Marimar is reincarnated by the beautiful Marian Rivera. Captivatingly mestiza with a mesmerizing yet mischievous smile, Marian playing Marimar carved a niche in showbiz for the actress.

2015, MEGAN YOUNG

Ms. World 2013 Megan Young raised eyebrows when she was handed the role of Marimar in the soap's return to primetime. But these doubts were hushed the moment GMA-7 released teasers of the sultry Megan donning that famous white frock. Megan to naysayers, "Wag niyo munang i-pre-judge." A different plot is afoot, she tells us. But Megan running wild in paradise in a see-through top is enough of a dream come true.



PRIMETIME QUEEN CONTRAVIDAS

WHO'S GOT THE CATTIER CONTRAVIDA LINES?



	AMOR POWERS (Jodi Sta. Maria)	CLAUDIA BUENAVISTA (Angelica Panganiban)
Villain backstory	Rejected and left by her lover, Eduardo, after being raped by his brother; loses family including her daughter to a landslide while earning money as a caregiver abroad.	Grew up an illegitimate child amid the squalor of a poor town; an ambitious social climber who will do everything in her power to maintain the status she has attained.
	1	0
Scheming skills	Vows to return after becoming a business tycoon to revenge on those who belittled and destroyed her.	Befriends the feisty Amor Powers to stop her from getting back to her former lover, Eduardo—Claudia's husband.
	1	0
Fatale wardrobe	Dark, tight-fitting dresses, strong and solid eyebrows, bangs.	Regal white power suits and light makeup to mask the vengeance she is about to unleash.
	0	1
Meanest line	"Lahat ng hiram at sakit, ibabalik ko sa inyo! Matitikman niyo ang batas ng isang api!"	(Stepmother: "I'm begging you.") "Ha? Hindi kita marinig, eh. Naririnig mo ba? Kayo naririnig niyo ba yung sinasabi niya? Hindi namin marinig!" ("Claudia, don't do this to me. I'm begging you...") "You're begging? Begging na ba yung tawag diyan? Ay, iba kasi pagkakaalam ko 'don. Hindi ganiyan." ("What do you want me to do?") "Beg! Magmakaawa ka! Lumuhod ka!"
	.5	.5
For the love of Eduardo	We know this ice queen is still madly in love with Eduardo despite her plans to get even.	It's obvious that Claudia's ambitions came first before her love for Eduardo.
	0	1
WINNER	Hail Claudia, Primetime Contravida Queen! Let us all take into account that this is a <i>kontrabida</i> face-off. Amor's deep-seated anger may be convincing, but the sharp-tongued and innately wicked Claudia is just too deserving of this win.	

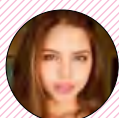
WOMEN WHO MAKE US LOL



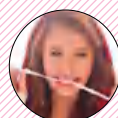
RUFA MAE QUINTO
"Go, go, go!" and "Todo na 'to!"



ALEX GONZAGA
"Insecurities will eat you up...So eat your insecurities and poopoo them."



**YAYA DUB
AKA MAINE MENDOZA**
"Insert her Kalyeserye scenes and various Dubsmash videos."



**CHARIZ SOLOMAN
AS LALA LAITERA**
"Uy, sumeksi ka! Yun nga lang yung mukha mo parang nausog."



VALEEN MONTENEGRO
...and her Instagram handle: @valeentawak. Yes, that is what she calls herself.



LOOK WHO'S REALLY TALKING

INTERVIEW ALEX C. PAITA
PHOTO ILLUSTRATION WARREN ESPEJO
PHOTOGRAPHY PAUL MONDOK



JENNY FERRE
Senior Vice President for Creatives and Operations/Creative Head, *Eat Bulaga!*, 1999 to present



JOSEL GARLITOS
Writer, *Goin' Bulilit*, 2005 to present; *Banana Split*, 2008 to present; *Luv U*, 2012 to present

We hear about actors and directors all the time, but TV writers are mostly unheard of. Do you think something is wrong with this setup, or are you perfectly fine just staying in the shadows?

EMMAN: Siyempre hindi, ha ha! I guess hindi mo masisi na invisible dapat yung writers, in a sense that, para maging totoo yung isang show, lahat ng pinaghirapan mo, dapat isabuhay yun ng artista, sa guidance ng director, sa tulong ng producer. Nagkakataon lang na akala ng mga tao, yung sinabi ng artista, siya yung nakaisip nun. Simula naman noon, ganyan yung issue talaga.

JENNY: When I joined the industry, unsung heroes na talaga ang writers. Okay lang naman kami to stay in the shadows, but I think it's about time writers got recognized for the job they do. Kasi ang writer, nagsisimula sa blankong papel. Walang gagawin ang director, ang cameraman, audioman, everybody hangga't magkalaman yung puting papel na yun.

EMMAN: Nakakatuwa na sa Hollywood, nung nag-welga yung mga writers, tumulong yung mga artista. Nag-boycott sila, na kung hindi nila pasusulat yung writers, hindi rin sila mag-su-shoot. Kasi by that time, awakened na yung actors na it was the writers who created their luminance. Kasi kung pangit yung pagkakasulat sa character mo, kahit na gaano ka kagaling na artista, hindi yan lalabas.

JOSEL: I think there is recognition within the show-business industry but not enough



All those *hugot* Pinoy TV quotables you've been trying to lipsync to perfection on Dubsmash, who do we thank for them? The actors who delivered the lines? Sure. The directors and the producers who push the actors to their limits? Perhaps. But more important, it's TV writers like these guys who write punchline after punchline from scratch. Meet the faces behind TV's many voices

outside of it. We don't even have a Writers Guild—though many scriptwriters, like my mentor Ricky Lee, attempted to spearhead one many times. For me, though, the respect and faith our actors and audience have for us are a satisfying recognition by itself.

SHUGO: It's changing now. May local shows na ngayon na kinikilala ang original creator sa simula, o sa title mismo, ng isang programa.

EMMAN: Nilalagay na nila yung pangalan ng writer sa title, like Ricky Lee, Pablo S. Gomez, Mars Ravelo—mga idol namin yan. Sa *Maalaala Mo Kaya*, nilalagay parati yung writer at director. Ang sinasabi nila, ang creator nito, maraming tao, hindi isang tao lang.

SHUGO: Maganda ito para sa writers. It does not only give recognition for people who've spent so much time, energy, and passion on their work, but I see it as a step towards getting more creative control for writers. Like a showrunner status sa US—kung saan lahat ng elemento ng programa, naka-anchor sa vision ng creator. Sa tingin ko, hindi maaabot ang estadong yun if writers stay in the shadows or in the dark.

How does one start out as a TV writer? How did you start out?

JOSEL: I studied Film and Audio Visual Communications at UP Diliman, and had been an active member of The UP Repertory Company. In 1999, I joined Ricky Lee's Scriptwriting Workshop for free. Two months later he called and offered me a writing



SHUGO PRAICO

Head Writer, *Nathaniel*, 2015; *Dyesebel*, 2014; *Juan Dela Cruz*, 2013



EMMANUEL DELA CRUZ

Director; producer;
Film and acting mentor;
Creative team/writer; *Tabing Ilog*, 1999-2003;
Pangako Sa'yo, 2000 to 2002

job at ABS-CBN together with five other workshopers. My first show was the hit Dolphy sitcom *Home Along Da Riles*. Fifteen years later, I'm still with ABS-CBN, while the other five workshopers have switched jobs. Ako na lang ang naiwan.

SHUGO: Back in 1999, isa rin ako sa masuwerteng naturuan nang libre ni maestro Ricky Lee sa kanyang workshop. During that time, ABS-CBN was looking for trainee writers for their drama programs. As a trainee writer, I was lucky to have been mentored by Cris Violago, isang napakahusay na manunulat ng ABS. Months after training with him, I became a junior writer. And years after that, I became head writer. I guess, katulad pa rin ng prosesong pinagdaanan ko ang proseso ngayon. Workshops, seminars, schooling, training—learn from the ropes, get your hands into anything that will hone your craft as a writer.

EMMAN: I came from Star Cinema. I helped with some youth movies like *Jologs* and *Trip*. We were asked to do a weekly teen TV show, which was *Tabing Ilog*. That was 1999, when I was working with Star Cinema's creative development group. So when I was asked to do TV, it was an easy leap kasi I was already telling a lot of stories through film. When *Marimar* and *Thalia* became a hit, ABS-CBN wanted to up the ante and create their own TV novel that could be an extreme success. They wanted a cinematic feel to it. Kami yung kinuha, a few writers from Star Cinema. Our head writer was also our creative head under Olive Lamasan, si Tammy Bejerano. From TV it was Dado Lumibao—who's known for *Mara Clara*, *Esperanza*, and *Maalaala Mo Kaya* anthology. We were put together in a team. We came up with *Pangako Sa 'Yo*, which we branded "teleserye." We actually coined the term.

JENNY: Ako naman, galing sa academe. I was a grade school teacher. I finished English Literature—medyo malayo sa TV. I was taking my MA tapos tinamad akong mag-thesis. I started as an assistant writer in *Eat Bulaga!*—taga-sulat, taga-rolyo, taga-putol, taga-hawak ng idiot board, as in. Matagal ko ring ginawa yun, until nabigyan ng pa-isa-isang project—until ang dami ko ng mga segments. Hindi ko na namalayan na after three years, nawala na yung pagiging teacher ko, kasi nagiging bastos na ako, ha ha!

All that dialogue and line-throwing look easy when the finished product is on screen. But can you tell us how grueling it is for even one line to make it to the broadcast?

SHUGO: Grueling ang proseso, lalo na sa pagsusulat ng daily soap opera. There is a whole creative team that brainstorms the story; bawat araw ng bawat linggo, for the whole season or the whole run of the show. But when it comes down to the nitty-gritty, sa actual writing, mag-isa na lang dun ang writer sa kuwarto niya, walang kaharap kundi laptop. And when you do all these with a tight deadline because TV is a daily grind.

JOSEL: I've been a part of drama and variety programs, too, but in comedy, everything is more fun. Comedy writers are very different from other writers because writing jokes and gags is not as grueling as writing dramatic confrontations—though I must say, landing a great punchline is harder than writing a tear-jerking speech.

JENNY: In *Eat Bulaga!*, our war room could be extremes. It could be really funny—pag nag-be-brainstorming kami sumasayaw kami, kumakanta, nag-se-selfie, nag-da-

Dubsmash. Mukha kaming mga baliw. But that's how we come up with ideas.

JOSEL: In comedy, the writers are much crazier. We think out of the box. Brainstorming and pitching sessions are part joke-telling and stand-up comedy.

JENNY: But when we do our post-mortem, yan na yung mas madugo. Nagkakakitaan na ng mga mali. Every minute is a deadline kasi live show kami eh. May long-term planning kami, may short-term, at mayroong by-the-minute decisions that you have to make. Mahirap siya kasi araw-araw naming ginagawa. May



times na talagang pagod kami at talagang lumalabas sa programa yan. I think right now we're back in business—parang lahat ng ginagawa namin bago na naman.

EMMAN: The more "hit" your show is, the more ka binabantayan ng network. Grabe yung balanse na kailangang magawa mo siya nang maganda pero wala ka naman talagang oras para gawin yun. Kaya tuloy, yung sacrifice napupunta sa writer, kasi hindi nadadaya ang audience. Alam nila kapag may pinanggagalingan yung sinusulat. Alam nila kapag pinipiga. At alam din ng network executives. Gabi pa lang mag-te-text na sila: "Ang ganda ng episode. Ang ganda ng gap. Ang galing." Nagbibigay talaga sila ng feedback.

JENNY: A TV writer has to be physically strong, too. We're talking about 22 hours of work a day. It could be as bad as that. And secondly, you should be very passionate. Hindi pwedeng nagbibilang ka ng oras na dapat alas-singko uuwi ka na. Lagi kong sinasabi sa writers: ang pagiging mahusay na writer ay hindi sa utak. Hindi porke't summa cum laude ka, pwede ka na rito. It takes a big heart.

EMMAN: At yung writer, sa totoo lang, hindi naman niya basta sinusulat lang yung script. Marami siyang pinagdaanan para iyan yung lumabas. Natutuwa kami kay Kristine Hermosa, for example, kasi she doesn't change a word in our script. She makes it her own. Yung iba kasing artista, pinapalitan yung line kasi mas madaling sabihin, pero minsan plant pala yun, so natatanggal yung information. Mas natutuwa kami sa artista na nagagawa niyang sa kanya yung salita na hindi sa kanya.

How involved are you in the creation stage of a show?

JOSEL: Very much involved! We're there, from brainstorming to shooting...

SHUGO: From conceptualization stage to the actual writing. And re-writing, of course. Sa taping, or actual shoot, hindi na ako pumupunta—puwera na lang kung pinapatawag or kailangang-kailangan.

EMMAN: In our team brainstormings, we'd always push each other. A lot of times I was joking, but it turns into reality. Like for example, *Amor Powers*. *Amor* came from one member and I said, "Amor..." So she marries a black guy. She has to have a very strong American name." Wala pa kaming maisip kasi ang daming pwede.



Tapos sabi ko, "Powers, men, Powers!" Nung una hindi pa nila ma-gets—Amor Powers? I told them, "Siyempre siya talaga, siya na!" And it became a trademark.

JENNY: The root of everything you see on TV comes from the writers. Kami sa *Eat Bulaga*, everything starts from the creatives. Lahat ng konsepto, lahat ng napapanood nila, galing sa writers and the creative department. We can even suggest the camera shots. Yung mga host, they just execute.

Eat Bulaga always seems to hit the masa where they live; the same goes for teleseryes. Is there a single formula to this?

JENNY: Masa rin naman kasi kami eh. Hindi kami iba sa kanila. At nanonood muna kami sa ginagawa namin. I always ask my writers, "Natuwa ka ba?" I tell them, "Wag niyong pilitin. You have to admit." And when we lie to ourselves, pumapalpak sa TV.

EMMAN: We always challenge the norm, the viewing experiences of audiences. Addictive na siya, so pwede mong itaas yung level of entertainment. Sa *Pangako Sa 'Yo*, nilagyan namin ng political at economic reality. Para nag-e-enjoy din kami, at hindi kami jaded na gumagawa ng project, na tipong, "Eh, soap lang ito eh. Sige pa-kidnap mo na pag wala ka nang maisip na kwento." We hold ourselves responsible to make the stories "rateable" but based on real human concerns and desires. And it won. I think 64 percent ang pinakamataas na rating ng *Pangako*, and it has never been topped.

JENNY: You know when we started the "Twerk It" contest, sabi ko what is this, guys? Showing their abs and doing "Twerk It Like Miley." Hindi siya isa or dalawa, marami sila. Sabi ko pwedeng gawing contest, di ba? Ibig sabihin ito yung gusto nila, ito yung ginagawa nila. When we got Yaya Dub, kahit kami nagda-Dubsmash. Tapos tuwang-tuwa kami, kahit parang kagaguhan lang naman. Pero pag tinitingnan mo, ang daming nag-vu-view, ang daming nag-la-like.

EMMAN: Other networks wouldn't use the term "teleserye" at first, pero eventually, nag-crossover na. Teleserye, nanganak ng action-serye, fantaserye, bekiserye. In a way we started the new generation of the serial drama on TV. We listened to feedback pero hindi lang kami nagbigay ng gusto lang ng mga tao. We showed them so much more. Hindi yung paulit-ulit na kidnapan. Susundan mo talaga yung evolution ng isang character. Yun yung formula.

How do you move up the ranks? Does a hit show, or even a highly quotable punchline, instantly get the writer promoted?

SHUGO: Bawat kumpanya o network iba-iba naman ang proseso sa promotion. But I can assume that since ratings ang parameter for success sa TV, then you get good grades sa management kapag mataas ang ratings ng shows mo. So kapag kinailangan ng ipo-promote to the next position then I guess you are in the running.

JOSEL: We have contracts in ABS-CBN. At the end of your contracts—from a year to two years, I think—your boss will offer you a promotion if you are good enough. I am a senior writer now and I am ultimately satisfied where am I now.

JENNY: You have to create or contribute some earth-shaking ideas to the program. That's a guarantee. You will get noticed and the company can create a position

for you, whatever that may be. In my case, I did "Pinoy Henyo," and the "Juan for All" concept na pumapasok sa bahay. Made na ako dun. Also, "Sa Pula Sa Puti," and "My Foreignay."

EMMAN: May writers na masaya na silang maging part ng team, eventually makapag-head write. Pero yung iba, like me, I was being geared toward an executive position. Pero naramdaman kong hindi para sa akin. Mas gusto kong mag-direct, magsulat. Ayaw kong maging boss.

Is there a science behind giving voice to characters? How do you make sure actors sound credible when throwing a line that's not originally theirs?

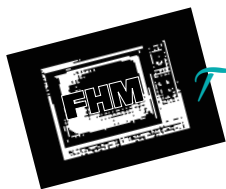
SHUGO: Sa akin, importante na kilalanin ko sila—motivations, goals, strengths, weaknesses. Doon kasi nanggagaling ang boses.

JENNY: Iba ang language ni Joey, iba kay Vic, iba kay Tito Sen. Si Joey is very casual Tagalog. Pati phrasing, alam namin yung putol. Si Tito Sen is a little more serious. Si Bossing is a little more puso. May words na hindi mo ibibigay kay Vic or Joey. Mayroon kaming standards, references. Ang pinakamay puso, yung gusto mong mag-linger na idea, we give it to Vic.

EMMAN: Like si John Lloyd, when I created the character of Rovic for *Tabing Ilog*, alam naming out of the four boys, siya yung pinaka-mukhang may sense—meaning level-headed, mabait,

family-oriented—na totoo naman kasi based yun on the interviews we did with them. Ginagamit namin yung personal nilang buhay. Pero ang ginawa naming arc niya, from mabait na anak to a very challenging





character. Nagkakaroon ng boses kapag yung artista marunong mag-disappear sa role.

JOSEL: I write the Kris Aquino character that Angelica Panganiban spoofs in our "Krissy TV" segment on *Banana Split*. So I have to watch her show to be able to know how she speaks. There is a funny cadence in Kris Aquino's speech pattern and once you hear it, you immediately know it's her. So while I write a Kris sentence, I can hear it in my head already. All the "love love, bongga, kaloka and talaga." What I have written on the page with Aquino's voice in mind, Angelica Panganiban personifies in the flesh threefold. The same goes with Jayson Gainza's Boy Abunda. And I thank Kris Aquino because almost every day she has a quotable quote. She is a gift to comedy spoofers like me.

Is TV writing a secretly lucrative job? For all we know you could be earning more than some celebs!

JOSEL: I can't divulge to you my paycheck but let's say that I can buy all the books that I want every week. Also, I can shop at Zara every week, too!

JENNY: It's a case-to-case basis. Hindi naman celeb na A-listers siguro ang katapat ng writers. But I'd like to say na we get paid well if you do your job really well. The company can bend rules and give you salaries you don't imagine. It's a comfortable pay. Modesty aside, naka-Chuck Taylors lang ako pero pwede kong labanan ang sweldo ng executives from Makati. Hindi ko masabi sa mga bata na TV writing is a lucrative job, kasi sa amin depende talaga sa performance eh. You have to create your value.

EMMAN: Celebs? Not at all! Magkakaiba yung bayaran eh. Kasi ang mga writer binabayaran per episode, pero meron silang sort of retainer's fee. May brainstormer, so meron kang junior writer na tumutulong mag-create ng stories. Binibigyan din siya ng one episode per month, or one in every two months. Yung senior writers, may episode talaga sila. Usually sila ang naghahati sa isang buwan. Yung head writer, itotono niya—kailangang magtugma yung script ng dalawang writer. Siya rin yung nakikipag-interact sa producer at director. Trabaho niyang pigain yung team para ma-achieve yung goals ng team creatively.

SHUGO: Depende yan sa writer. Pero puwede kong sabihin na para sa akin, mas lucrative magsulat sa TV kesa sa pelikula.

EMMAN: Kung baguhan ka, you can earn as little as P15,000 for a script. Kung beterano ka, as much as

P50,000, or baka more na ngayon. Head writer gets P60,000 a month on average; eventually mas malaki pa. Ang layo sa artista, kasi ang artista could earn as much as P80,000 per taping day. Mababa pa yun for American standards. Definitely dapat tumaas yung bayad sa artista para tumaas yung bayad sa writer.

What about writing for TV has changed through the years? Does YouTube help or destroy your careers? Does TV thrive with social media? And on the other hand, what remains the same?

SHUGO: Writing for local TV, lalo na sa daily soap operas, has been more challenging than, say, 10 years ago. Sa dami kasi ng configuration ng conflicts at drama na napanood ng viewers, mas madali nang magsawa ang audience ngayon. Palagi nang naghahanap ng bago. Pero dapat pamilyar pa rin. Yun part na yun ang tricky.

JENNY: We have recognized the power of digital media. We have extended Eat Bulaga beyond its 2:30 p.m. timeslot; we're now 24/7. Because of the digital age, humahaba rin yung ginagawa namin. Like what we're doing with AIDub, after niyan, every night, nag-a-upload pa kami ng videos nila. Para siyang naging TV series. Tsaka ang bilis ng feedback ngayon. I think that's one thing we should appreciate.

SHUGO: Ang dami ng paraan kung paano mapanood ang show na gusto mo—streaming sa Internet, mobile, cable. Parang nawala na yung konsepto na sama-samang manonood ang pamilya sa tapat ng TV ng paborito nilang programa. Ngayon, bawat miyembro ng pamilya may paborito na programa. On demand pa. Para sa akin, ito ang pinakamagandang pagbabago ngayon—ibig sabihin kasi nito, mas maraming content ang kailangan, iba't-ibang genre, mas madaming venue for writers to get their kind of stories told in the format they want.

JENNY: When I write the structure—kasi walang script yun—for AIDub, I read the comments. Binabasa ko kung anong gusto ng audience, tapos binabaliktad ko, ha ha! That's when I get easy feedback. It could be real time ha. Dati kasi bago ka makakuha ng feedback, mag-e-FGD [focus group discussion] pa kami, mag-gather ng 20 tao, ask them what they like and don't like. Ngayon mag-post ka lang ng picture nila, makikita mo na: "I don't like Jose. I don't like Wally." So babalansehin mo na lang. So gusto pala nila si Alden. Ang bilis. That to me is a major contribution of the digital age to television.

EMMAN: Pangako practically started that phenomenon na ang lakas ng reaction ng internet. Meron kaming fan na eventually naging part ng Star Cinema na sinusulat niya yung episode guide. Kasi may fans kaming hindi nakakapanood ng actual show, dependent sila dun sa blow-by-blow account niya na parang blog. At ngayon, with social media, hindi na madaling lokohin ang audience. Hopefully, paganda na nang paganda yung shows. At sa tingin ko time na para gumawa ng ibang format. Kasi pati naman game shows, reality shows, pwedeng ma-reinvent. So pati yung drama, time na para ma-reinvent.

JOSEL: Research is much easier too because Google is just a click away and YouTube is a library of all the *Saturday Night Live* segments, *Monty Python* sketches and old Dolphy and TVJ movies that every comedy writer must know....

EMMAN: Hopefully ma-challenge yung mga Pinoy, kasi pa-digital na tayo, aalis na tayo sa TV. So yung mga totoong magagaling, yun na lang yung mabibigyan ng chance. Kasi may mga YouTube stars ka na, may sarili na silang fandom. Papunta na tayo dun. So labanan na talaga siya ng galing. **FHM**





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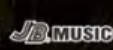
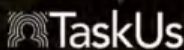
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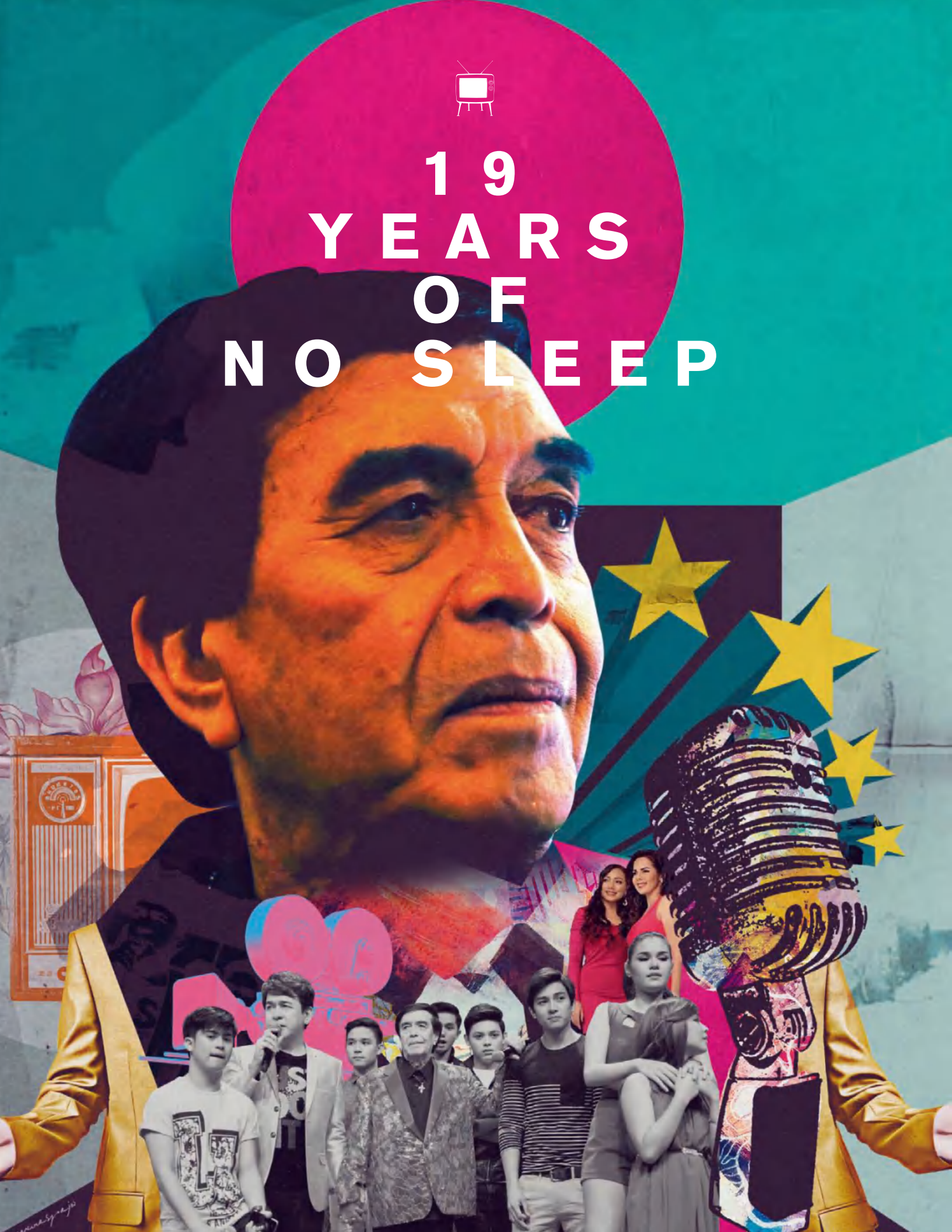
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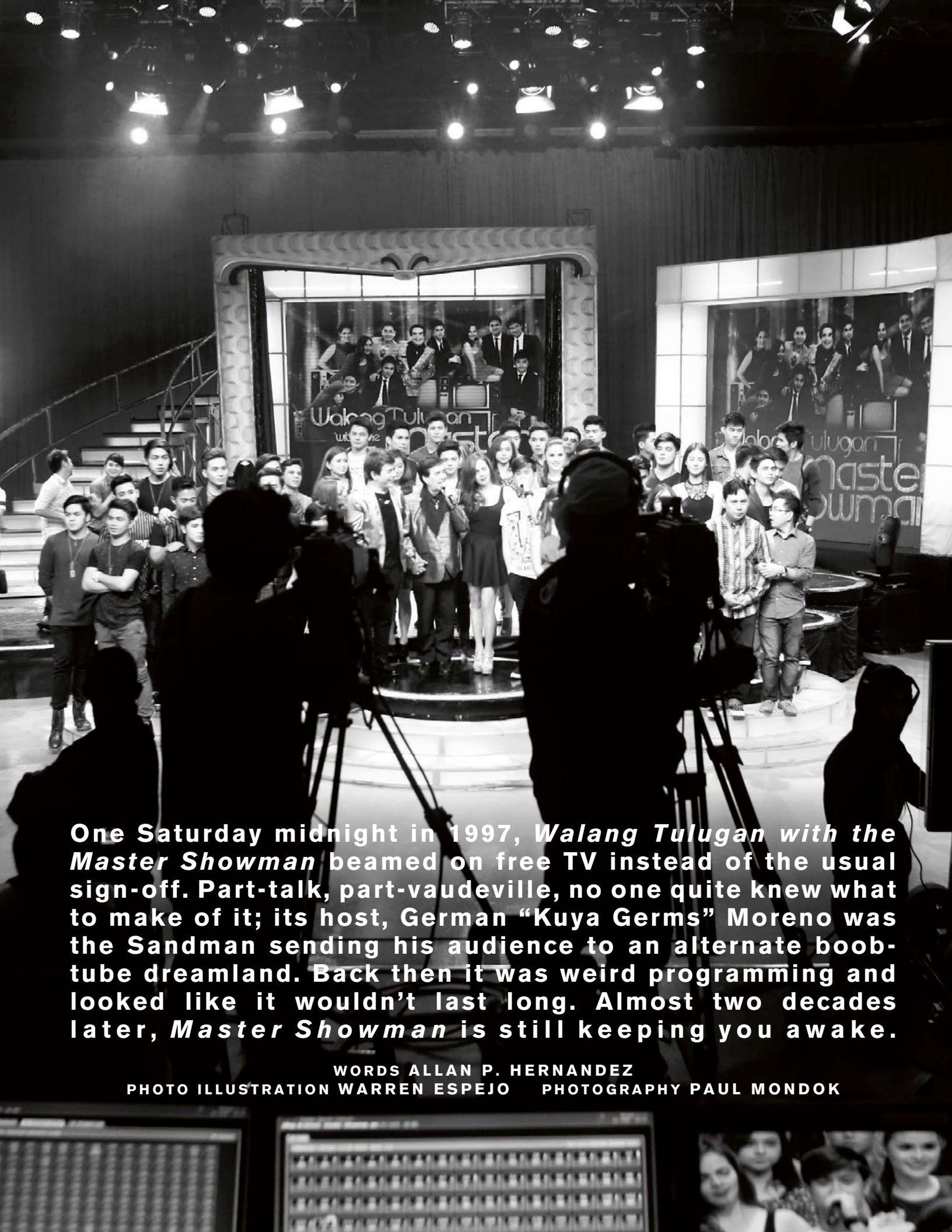


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19 YEARS OF NO SLEEP





One Saturday midnight in 1997, *Walang Tulugan with the Master Showman* beamed on free TV instead of the usual sign-off. Part-talk, part-vaudeville, no one quite knew what to make of it; its host, German “Kuya Germs” Moreno was the Sandman sending his audience to an alternate boob-tube dreamland. Back then it was weird programming and looked like it wouldn’t last long. Almost two decades later, *Master Showman* is still keeping you awake.

WORDS ALLAN P. HERNANDEZ

PHOTO ILLUSTRATION WARREN ESPEJO

PHOTOGRAPHY PAUL MONDOK



The stairs lead to nowhere.

It abruptly ends thirteen steps up and falls off behind a large LED wall. Just quick-welded metal bars and platforms, you could climb up to it but it doesn't look like it would hold itself together well; it's essentially a prop. Together with the wall that works as a stage curtain (and once was one, a real thick one, back in the day), the stairs are a vague nod to an old Hollywood set, or a budget rendering of a Vegas show.

Over the years, the stairs have changed, from grand to modern, but it has always kept its place on one side of the main stage of *Walang Tulugan with the Master Showman*. It has been there for almost two decades and will most likely never leave. When German "Kuya Germs/Master Showman" Moreno was younger and healthier, he would descend those stairs at show's midnight opening, but only from about a quarter of the way up, to be safe.

He has not done that in a while, though, and would not even consider it now. On taping day—*Walang Tulugan* used to air live but now tapes two episodes every other Friday, from 4 p.m. to well into the early hours of the next morning—Kuya Germs arrives at GMA studio 6 on a wheelchair and is sat on the main couch. In January he had a stroke—a mild one, but serious nonetheless to anyone aged 71, as he is—from which he has steadily recovered, although it is apparent that his walking ability has been impaired.

Kuya Germs is wearing a gaudy gold and maroon sequined suit jacket, his signature look, and although he had had that stroke he doesn't look like he lost weight and still has his paunch. His facial expressions, though, seem more neutral, not quite like those of the veteran comedian who finds any excuse to get everyone to shout "*walang... tulugan!*" Still, he still has the Master Showman look intact.

As soon as he is handed a microphone, he says thank you to the studio audience. Mostly they're college students from Bataan on an educational tour of the GMA Center. "*Marinig ko lang ang palakpakan ninyo...*," Kuya Germs says, slow and slightly garbled, showing a little difficulty in his speech.

"Ready, standby!" the floor director shouts. "Five, four, three, two, one... *palakpakan taylo!*" Audience responds on cue.

Later, as the students leave, he tells them to tell their bus driver to be careful. In the news that day is a fatal accident in Quezon City involving a bus driver who mows down a concrete marker, peeling off one side of his bus entirely, killing four and injuring twenty. Kuya Germs, despite his condition, has also kept his radio gig at dzBB every afternoon at 3 p.m., breaking entertainment news and the frequent big ones, like the bus mishap.

Girl group Sassy Girls are the first guest to tape. From the couch, Kuya Germs directs the Sassy Girls number by suggesting correct blocking. He asks them to work the stage. In the end, he does what he has done when he appeared in his first movies for Sampaguita pictures in the '60s—choreograph the dances in film musicals apart from being the comic sidekick. The Sassy Girls do as their told: they come from behind the LED curtain, sashay across the stage, and end the song in a pose up the stairs. Kuya Germs has drawn from a lifetime of watching, being in, and producing stage shows. *Bodabil!* Clover Theater!

Kuya Germs will tape all his segments only until 9 p.m., because that's what his doctor ordered. *May tulugan.* The

most fun he has in the four hours he is in the studio is his unscripted banter with Shalala, where Kuya Germs is barely able to contain his laughs as they exchange private jokes. The rest of the gang are all there: John Nite, Shirley Fuentes, Shermaine Santiago, and about half of the 60—yes, 60—young stars the Master Showman has taken into his fold, kind of like a slideshow *That's Entertainment*.

A parade of celebrities with different degrees of fame, too, will come and go for their scheduled performance and interview, among them: up-and-coming singing groups; a 12-year-old Fil-Canadian boy who just won a singing contest in Canada; a comebacking former *That's Entertainment* teener, Michelle Ortega, who happens to be the sister of Robert Ortega (another *That's* alumnus, once paired with Isabel Granada. Look them up. Great throwback); another comebacking singer, Lloyd Umali, the Michael Bolton of the Philippines; the killer trio of jukebox queens Imelda Papin, Claire dela Fuente, and Eva Eugenio guesting to promote a concert, harking back to the days in the '80s when there was no *ASAP* (to be fair, we will have to include *Sunday PinaSaya*, although the show is mere months old) and Kuya Germs ruled the Sunday noontime variety show slot with his brand of boob-tube vaudeville on *GMA Supershow*. The Bellestar Dancers! Birch Tree milk cans to give away!

You can even call it "original"

At the control room of Studio 6 the production team cannot believe what they just heard. Someone has just killed Ms. Gina Pareño.

Well, not really. In the segment *Celebrity Talk*, the interview part of the show where Kuya Germs is helped by showbiz reporters led by Aster Amoyo, one of the movie scribes positioned at the audience gallery asked Ms. Pareño about other actors she has yet to work with, to this effect: "*Sino pa ang gusto mong makasama bago pa mangyari ang lahat?*"

Bago pa mangyari ang lahat, meaning, before she cars it?

Everyone in the team breaks into incredulous laughter, especially the director, Bam Salvani, because he was the one who suggested the question, but not the part where Ms. Pareño's mortality was rushed. Starting out as a writer for the show in 2008, he has an ear for these things.

Ms. Pareño and Kuya Germs inevitably dwell on their memories of Sampaguita Pictures' Stars '66, the launch pad of their showbiz careers, together with the likes of Rosemarie Sonora and Ricky Belmonte (Sheryl Cruz's mom and dad. Again, Google them. Super throwback). Then the comparisons between then and now, a favorite pastime of old folks. If Kuya Germs had his speech in good form, he would have as surely gone back to his favorite memory, his days as a janitor and curtain raiser at Clover Theater, something he always found a reason to remember.

Together with Ms. Pareño is her daughter, Racquel, a theater actress in her own right. For some reason, the interview became some sort of a job hunt—Racquel, incidentally, could act and have not had any TV projects of late, so if a producer out there is interested, and hasn't GMA been producing a lot of soaps lately...

It's these quirks, as well as the general anachronistic vibe of the show, that has kept audiences wondering exactly what *Master Showman* is about. Eighteen years is a long time to keep wondering, and an even longer time for any TV show to be around. In a way, you could even say that the show is original compared with what's on TV these days.

The show is not a blocktimer but a product of GMA Network. They have been running it for two decades on the midnight time slot with practically no commercial breaks. You'd really have to ask: what is the value of the show to the network that it has continued to support it 18 years on?

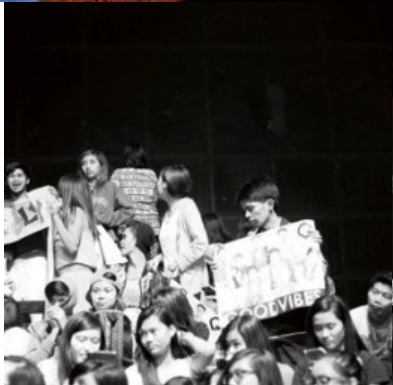
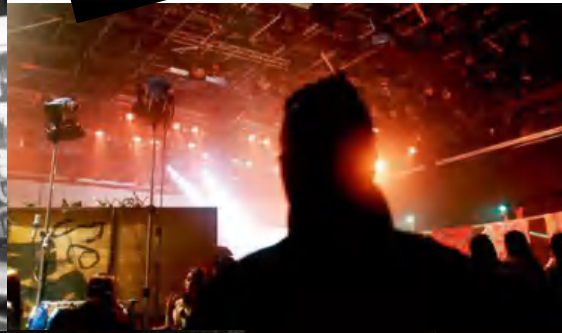
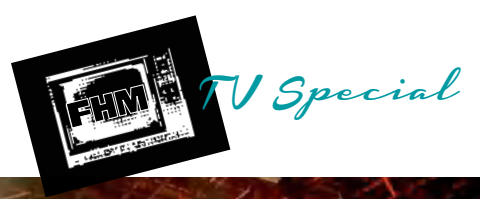
"*Walang Tulugan* delivers an average of 1.2 percent NUTAM rating (Nationwide Urban Television Audience Measurement, conducted by AGB Nielsen) in its time slot and consistently beats competition—*The Bottomline with Boy Abunda* and *O Shopping* (both on ABS-CBN). But more than that, the programs airs during prime hours in various GMA Pinoy TV channels across the globe and delivers the viewership level the network needs. "The program is very effective in most, if not all, of the network's channels worldwide and that is considered as one of the most important contribution of the show. It is also an avenue for the network to discover and hone new talents," says Darling De Jesus, the network's assistant vice president for Entertainment TV.

So that's the secret: Pinoys abroad watching. Everyone on the staff of *Walang Tulugan*, from the director to the producer and the hosts, say with pride that they are more popular abroad than at home.

Still, what is the show, really?

"This show started out with the concept of being a talk show. *Parang* David Letterman, *mga ganon*. *Kaya lang, ang nangyari*, Kuya Germs wanted a show that would showcase the talents of Filipinos, *lalo na yung mga newcomers*. So *ang ending, bumalik siya sa pagiging* musical variety show and *dun na siya nakilala talaga*," says Salvani. "Then, since *maraming mga bata ang lumalapit sa kanya*, asking for help to get exposure in showbiz, *Hindi niya matanggihan, wine-welcome niya palagi hanggang dumami nang dumami, tulad nung ganito*—I think there are 60 of them now."

At some points in the taping, Salvani asks a member of his team to pick out a better LED display to match the numbers of certain performers. It's a pretty simple, neat, and





modern trick that does the job whether the performer is a hip-hop act or Imelda Papin singing "Isang Linggong Pag-Ibig." You would not even notice the disconnect between the digital wall and the stairs because, if you'd been stuck watching Walang Tulugan having nothing else to do on a Saturday night, you'd be used to it.

Which brings us to an explanation of the stairs, by now as important as the Master Showman himself.

"Hindi niya pinapatanggal yan. Para sa kanya, it's very important kasi it means being grand—you know naman sa mga old movies 'pag may hagdanan, it's grand. Kapag may curtain it's entertainment [referring to theater drapes]. To them [referring to old people like Kuya Germs] ganon yun. Ako, I just try to meet him halfway pagdating sa creative aspect ng show. If you watch Walang Tulugan noon, and then yung ngayon, you can really see the difference. Like dati, yung mga bata nakakalat lang diyan, ngayon they have their own places," Salvani says, in effect saying that the show is actually more contemporary now than when it began.

The teen machine

There is no way we can know every one of the 60 kids in the Walang Tulugan talent pool. Even they themselves don't know each and every one among them that well. That's Entertainment was manageable—each day of the week got a set of teeners, and then they all swarm the stage for the grand productions on Saturday Entertainment. Walang Tulugan only gets a day.

For this reason, TV exposure is valuable opportunity. There are frontliners, meaning those who get more camera time, and at times a spot at performing; and there are the numbers, kids who fill the stage and grab every chance of a camera panning their way to flash a smile or a sign or bust a dance move, especially at closing credits, and who hope that soon they could become frontliners too.

The frontliners are handpicked by the producers for a few minutes of FHM talk. On the roll call: Jack Robredo, 21 and Sanya Lopez, 18, siblings (Sanya is a strong contender for FHM babe status); Hiro Peralta, 21; Ken Chan, 20; Ian Rances, 20, FHM babe Jenny Miller's brother. The most famous among them, Jake Vargas, 23, is a GMA regular in teleseryes and sitcoms. He is also a singer.

Every one of them more or less have similar stories: They were spotted by a talent scout and were brought to Kuya Germs's attention, knowing well that, as direk Salvani put it, he couldn't say no to kids who wanted a break in show business. Or they were spotted by Kuya Germs himself.

All declare loyalty to Walang Tulugan. "Hindi namin iniwan 'tong Walang Tulugan," says Jake, who started out his career in the show six years ago.

"We all know how Tatay Germs is a star-builder. We learn how to host, dance, and act here, mahalaga yun," says Jack Robredo.

There is another thing they should be thanking their Tatay Germs for.

Kuya Germs pays for the talent fees of all the 60 young wannabes in his fold. It doesn't make sense—he probably doesn't even know some of them by their names, or even by their faces—but he does it.

Walang Tulugan, being a network production, gets a set budget from the bosses. All other expenses—and by this it means the allowances of all the kids appearing in the show—are not included. And as the Master Showman can't say no to the kids asking for his help, and he has a medical condition to consider, which costs money, it fell on the producers to work out a compromise.

They manage the cost of production by splitting the kids into two teams. Each team gets to alternate in the limelight per episode.

"Do we know each other on a first-name basis? No," says Hiro Peralta, who was last seen in *Pari Koy*. "I know some of them, but not all of them. I just know them by their faces. 'Hey!', 'hi!', ganon lang."

The very first lesson on how to thrive in show business they all must have learned: Look the part and be friends with everyone.

Each and every kid on the show look thrilled to be on the limelight and are having the time of their lives. They also look like they all know each other by their first names.

Long may you run

"Quiet lang, quiet lang!"

From the main couch, Kuya Germs is telling everyone in the studio to hush. He cannot be heard of course; the studio is huge and the production team is busy setting up for the next number, apart from the new batch of audience, mostly young fan girls, who are screaming the names of their favorite teen star.

This is the second time FHM is interviewing Kuya Germs. The first time, it was a surprise to find that he was game for just about any question we had thrown his way, he even had someone buy a new shirt right then and there, just for our shoot. Despite the stroke, it's good to see that he still enjoys doing interviews.

"Alam mo ang experience ko sa telebisyon, lahat ng show ko bumilang ng taon. Yung GMA Supershow [the precursor of the Sunday noontime variety show format], 19 years. That's Entertainment, 10 years. Yung Negosyete [a weekday livelihood show on GMA in the '90s], 8 years. And then yung Superstar namin ni Nora Aunor [A Sunday primetime musical variety show that began in the late '70s], 22 years."

He is right. It hadn't even occurred to us to count but it appears that he has never left our TV screens since 1970—imagine that, from picture tubes to smart TV, he's been beamed in all. And to him, it's all just entertainment.

"Ang mahalaga, yung mga taong ine-entertain natin, yung mga viewers natin, lalo na ngayon all over the world na."

Seventy-one years old. Fifty years in show business. A solid track record on TV. Of course, only human.

So who is Kuya Germs's heir apparent?

Things seem to point to John Nite, Kuya Germs' nephew.

"Am I the heir apparent? Hindi naman ako ang magsasabi no'n. I think the people from the network and those watching the show will be the ones to say that. Sumusunod ako sa yapak niya, pero hindi ko sinasabi na ako ang susunod sa kanya. I have the traits of Kuya germs, but in a more objective way. Si Kuya Germs kasi puro puso."

When Kuya Germs suffered a stroke in January, Nite says he was captain of the ship. The older showman has, in fact, relinquished some duties to his nephew. Both share a predilection for overstated glitter and glamour have no qualms if their brand of entertainment is "bakya" [a '70s term for cheap] or "masa" as long as it does its job of entertaining people.

"Sino ba ang nanonood? Yung common tao di ba? Yung hindi masa wala namang time yun. Our track record will show for it. Whether we're baduy or trying hard or flamboyant, ang masasabi ko lang, going on 20 years na kami," says Nite.

Closing

Last song syndrome as they tape the closing credits to the show:

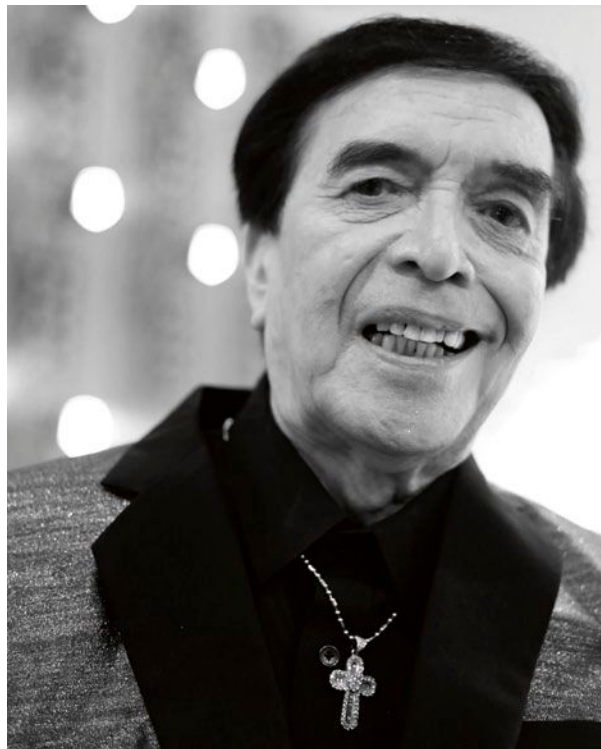
Walang Tulugan!

Walang Tulugan!

Kasama si...Master Showman!

Walang...tulugan!!!

We won't. FHM



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**BIG
THINGS
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JACK.**

Korean good looks, a twangy Tagalog, and mad gyrating skills; it isn't that hard to explain why we're crazy for Dasuri Choi

DANCE DIVA

댄스



Interview: B.A. Borleo
Photography: Ria Regino
of Fat Cat Studio

Styling: Badj Galias-Genato
of Badj Swimwear and Couture

Makeup: Janina Dizon
Hair: Emmanuel Hernandez II

Special thanks to Phoi Chan, *Eat Bulaga!* and Ms. Malou Choa-Fagar of Tape Entertainment Inc.



댄
스
!
!



Pop quiz, you know-it-alls; can you name who is the Philippines'

1. Fearless Diva?
2. Prince of Teleserye Themesongs (as well as the King of Teleserye Themesongs)?
3. Pop Honey?

There used to be something special about having a showbiz moniker. It encapsulated one's greatness ("Superstar"), celebrated an artist's versatility ("Star for All Seasons"), and at times, stated the obvious-yet-uncanny traits that make a person a legend ("The Bad Boy of Philippine Cinema"). Now it's mainly used as a marketing tool for hyping whatever smidgen of talent is present in an individual.

However, there are some who deserve their lofty tag. Take for instance the country's new "Dance Diva," Dasuri Choi.

A back-up dancer and choreographer to famous girl groups back in her native Korea—ever heard of Wonder Girls?—Dasuri came here five years ago to the prodding of her grandfather. "I stopped dancing *na*; I wanted to study English here," she recalls. Her talents on the dancefloor, though, took her to a better path.

After being hailed second runner-up in *Eat Bulaga!*'s "You're My Foreignay" contest, Dasuri, a former member of the G-Force and a dance instructor at the Korean Cultural Center of the Philippines, found herself back in the spotlight. Although this time, she performed front and center.

It's really not that hard to understand why Dasuri is one of the most visible foreign celebrities on Pinoy TV. A visit to good ol' YouTube will show you how crisp her movements are (check out her opening number at the *FHM* BroCon). She calls her accent "Filipino-English"—it's more "Ah-te-ne-yo" than "Arr-neoww"—and

you'll love how she mixes the two languages like you do. She's also pretty, something the following pictures can help prove.

But what will help her sustain, or maybe even improve, whatever level of fame she has now is her attitude. Her no-frills-always-cheery attitude, in particular. "I didn't win *Foreignay*, but I'm very happy *kasi kahit* second runner-up I've had a lot of guestings," shares Dasuri, still beaming after a three-hour photo shoot for her magazine debut. "I started having a lot of dance shows. They also get me for talk shows, challenges, games...and now I'm in *FHM*. Hi hi hi!"

"Hi hi hi" seems appropriate.

We did a bit of stalking and found about your dance career back in Korea. Is the entertainment scene there as cutthroat as it is here?

Back in Korea, I was just considered a dancer and not an artist. Here, I get to be both, and that's pretty different.

A lot of Pinoys are crazy about K-pop. Why do you think so?

Korean fashion and style are unique. We wear anything, and *kahit ano bagay*. With Filipinos, they just have to be more confident. There are a lot of pretty, sexy, and smart Filipinos,



Answer Key: 1. Jonalyn Viray 2. Bryan Termulo (Erik Santos), 3. Nikki Bacolod

yet they don't seem to know how to carry and express themselves well. That's why they seem to want to be like Koreans, who are confident in expressing themselves through fashion and the arts.

Is that a natural thing for Koreans or are you taught to be that way?

We always consider how people would perceive us. Even when we're only going to the market, we don't just wear slippers. We are not like that; we have to prepare.

They call you the "Dance Diva." How much time does dancing take up in your day?

When I got that title, I was doing TV shows and was also studying Filipino. *Pero siyempre* I had to improve my dancing, so I try to learn other dance genres. I don't want to ruin the "Dance Diva" title so I'm doing my best.

Is there anything about Pinoy culture that you still don't understand?

This one is just *bagong* problem for me. I heard that if it's a family problem I shouldn't meddle. If this guy is bad or lying to his mom and I know it, I can't make *sumbong* to the mommy. *Gano'n ba talaga?*

Let's just say Filipinos don't like

washing their dirty linens in public.

Is there anything else? How about Filipino men?

I understand them. But in my first days here, there was a time when all our helpers in Clark were crying because their husbands cheated on them and left their families.

Doesn't that happen in Korea?

It does. But there's more of it here... that's why I'm single, hi hi hi! I can't be *malandi*, I don't trust them. If they're very *pogi*, sometimes I find out they're gay, ha ha!

Wait, what?

Kasi I like clean-looking guys, eh a lot of the clean-looking guys here are *bading pala*. Concentrate *muna ako sa career*.

One remarkable thing we noticed about you is your flawless skin...

I try my best to eat a lot of fruits and vegetables, and drink a lot of water. I also stopped drinking alcohol. It has been two years.

How much did you use to drink?

A lot. I used to drink two bottles of Soju [Korean rice wine] every night.

Ever gone beyond two bottles?

[This one time I drank more than two bottles] I was drinking with my parents and my manager, and I suddenly broke down in tears. I think I

was sad then.

Well, can't you tell if you're still sad?

I'm really happy now, that's also why I've decided to live here. Korea is better in many aspects, but I chose to live here because of the people: you're friendly, hospitable, and very positive. Ever since I've been here I've never felt stressed anymore.

Thank you. Let's go back to your love for dancing: What kind of steps would you break out if someone asks you to do a "sexy dance?"

I don't limit my movements and my outfits when dancing. My father is very strict but my mom was also a dancer, so he knows na it's really *maganda pag sexy ang suot*. But for this shoot I know he'll say something.

What do you think will he say?

I won't say. It's a secret.

That's very Pinoy of you. So you're okay with any dance. You can twerk...

Yeah! I did in front of father.

You twerked in front of your father?

Yeah! I showed him, and there were also his friends from Korea...

You twerked in front of your father AND his friends?

Yeah! They know I'm a dancer. I've been doing sexy dances since I was young.



Did you get to notice your father's friends' reactions? Did they seem happier than usual?

They were saying, "You're good! *Galing!*" They were very supportive. I don't know *na* what they said to each other in secret. But I know that my father is proud of me. I'm sure.

Have you ever danced for only one person?

Yes, I did. In Korea. At that time I was among the backup dancers of a very famous girl group who were popular for doing this hip movement. It was a

very hot dance and it became very, very famous. I had a boyfriend then and I would dance for him.

And how often did you do this?

Every time he asks, I'll be, like, "Oh, you want to see? Here!" Also *pag* anniversary or monthsary...*kasi* I can only dance so I make it worth his while. I also did it for my grandfather, *kasi* my grandfather is closer to me than my father. I dance for him often in family gatherings.

Which one do you like more: Filipino men or Filipino food?

Food. Actually, I don't eat Korean food *na masyado*. If you're familiar with it, we have a lot of orange dishes—spicy food—and a lot of *gulay*, I often get stomach cramps. I always eat Filipino food. With Filipino men, *hindi naman kailangan...hindi rin naman ako* lonely, hi hi!

Are you waiting for a Korean man?

No. Filipino. I want to have my own Pinoy family.

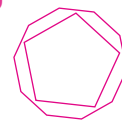
So what should that Pinoy guy do to catch your fancy?

It's just a feeling *eh*, it comes *lang* once you see someone. *Pero dapat* clean *siya*, *may* handkerchief, *may* change *ng damit*. I'm very sensitive to how a man smells, so *pag* he's *mabango* I'm attracted. And funny *siya dapat*. And *may* leadership qualities *siya dapat*. *Kahit pangit pwede*, I'm *ganda naman eh*, hi hi hi!

You mentioned that the most you could do for your ex-boyfriend was to dance for him. Can you elaborate on that?

Yeah, because I do not know how to cook. I do not know how to sing. At that time, I couldn't buy him anything because I didn't have money. So what I

'I'm really happy now, that's also why I've decided to live here. Korea is better in many aspects, but I chose to live here because of the people: you're friendly, hospitable, and very positive'



could do for him was dancing, and he's happy *naman* with that.

Well, you could've kissed him...

Yeah, but that's normal! Dancing is something special.

We've asked this question to dancers before, and we're pretty sure you'll nail this one too: How flexible are you?

I'm very flexible. I used to be a ballerina. I can touch my toes to my head. I do it for stretching.

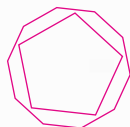
Okay. Thank you, Dasuri!

That's the last question? Ha ha! That's funny! **FHM**





‘I always try to learn other dance genres. I don’t want to ruin the ‘Dance Diva’ title so I’m doing my best’



Ookbee Buffet

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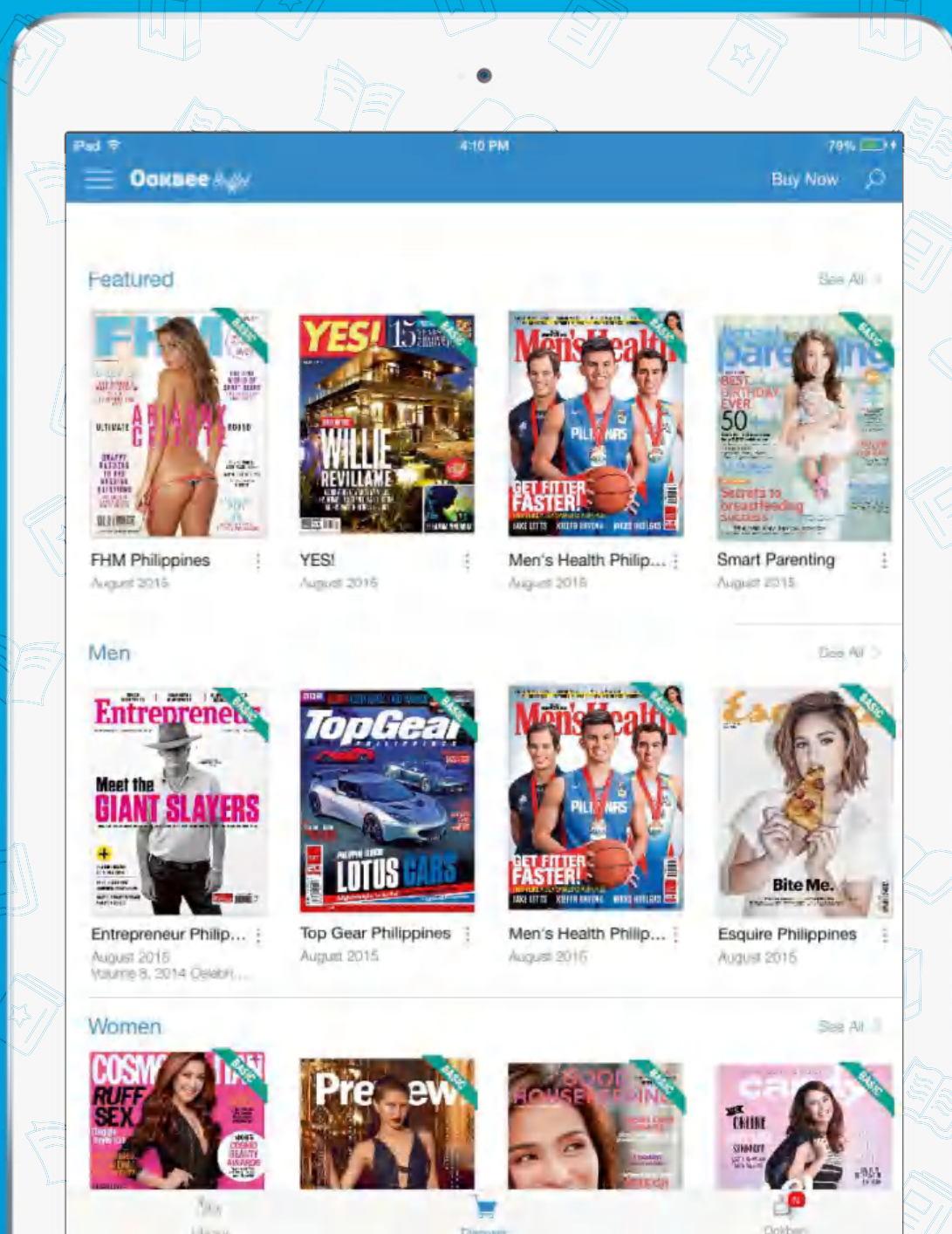
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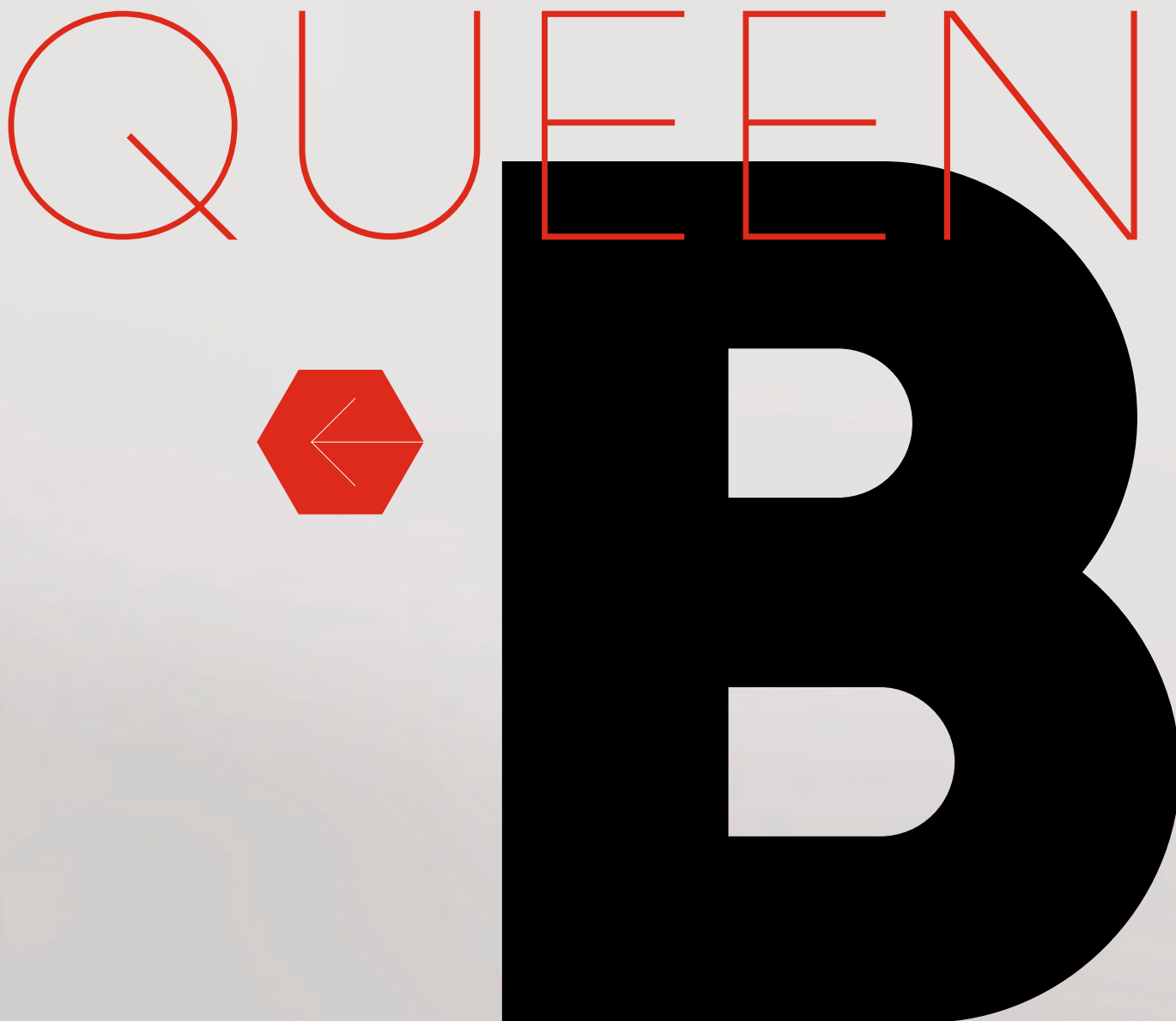




Ann B. Mateo
reigns whether
naughty or nice!

Photography: **Jerico Montemayor**
Interview: **Chise Alcantara**

QUEEN



Styling: **J-Em Sta. Ana**
For **D'jour Fashion**
Makeup: **Rhina Montemayor**
For **Saucebox Cosmetics**
Hair: **Geormina Imperial**



When a model accidentally flashes the crew during a shoot and the only comment she makes is, “Ay... okay lang yan may nipple tape naman, ha ha!” you just know she’s a keeper. We’d like to think that at our shoots, we help our models bring out their naughtiest and sexiest selves, and Ann B. Mateo is a prime example of how we do it so well. Watching her transformation—from being a *pa-cute* teeny bopper, who did catchy song covers on YouTube, to this naughty vixen that’ll leave you entranced with her seductive stares—just makes us all tingly inside, in more ways than one.

You’re quite young, yet so comfortable in front of the camera. Why do you think modeling comes so naturally to you?

Pangarap kasi ng mommy kong maging model dati. Kaya mas na-engganyo ako kasi natutupad ko yung pangarap niya.

So your family is very supportive of your modeling and decision to pose for us?

Well, my dad was worried at first when he saw my pictures, *baka raw kasi bastusin ako pero okay na okay lang sa mommy ko. Sabi pa nga niya, “Parang wala namang kita ah? Okay yan, go!”* Ha ha!

Maybe we should ask your mom to co-direct our photo shoot next time!

Ha ha! Puwede!

We’ve approached you before to model for us but you unfortunately declined. What made you change your mind?

Kasi parang nauumay na ako sa pagpa-pa-cute. Hello?! Twenty-two years old na ako, ito pa rin ba

yung peg na gagawin ko? Let’s try something different. Kaya ayun, nag-FHM na ko.

How do you separate your fun and bubbly side from the sexy side you showed earlier? It’s like we’re talking to a completely different person from the model earlier.

Hindi ko alam eh. Pero sa totoo lang, ganito talaga yung personality ko, makulit talaga at kalog, madaldal pero pagdating sa picture, iba, siguro kasi matagal ko na rin siyang ginagawa tsaka parang talent na rin. Ang yabang ‘no? Joke lang, ha ha! Peace!

Good thing you were able to pull it off during our shoot.

Kailangan kasi pag nag-shoot ka, iisipin mong work yun at kailangang mailabas mo yung best mo. Kailangan may confidence pa rin ako kahit hindi naman perfect yung katawan ko. Kung feeling mo sexy ka, magiging sexy ka talaga at makikita yun ng mga tao.



*Pero sa totoo lang, ganito
talaga yung **personality**
ko, makulit talaga at kalog,
madaldal pero pagdating
sa picture, iba, siguro kasi
matagal ko na rin siyang
ginagawa tsaka parang
talent na rin*





🔥 **Kung feeling mo sexy ka,
magiging sexy ka talaga**
at makikita yun ng mga tao 🔥

Any tips for people who find it hard to channel their sexiness?

Lahat naman ng tao pakiramdam ko may sexy side. Nangingibabaw lang yung thinking ng mga tao na baka hanggang dito lang ako-baka hanggang cute lang talaga ako pero kung subukan lang nila, lalabas at lalabas din yung sexiness nila. Di naman ako ganun ka-seductive pero carry naman, ha ha! At sino bang nagsabing hindi puwedeng maging sexy at cute? Why not both? Kaya wag na silang matakot! I-push nila yan! Ha ha!

What if they're not confident enough in themselves yet?

Well, hindi naman nila kailangang ipakita lahat-lahat, agad-agad! Guys love mystery... charot, ha ha! Minsan

nagsusuo ako ng damit na kita yung balikat, yung likod, yung hita, yung tipong nakaka-tease para mapaisip yung mga lalaki, "Naka-bra kaya yun? May panty kaya siyang suot?" Feel ko mas na-tu-turn-on ang mga lalaki sa ganun kaysa sa todo hubaran, at least sa una.

Did your experience in being a singer-performer help you build up that confidence?


Oo! Nasanay ako sa pressure dahil pinapalo ako ng nanay ko dati kapag pumipiyok ako dun sa "I Don't Want to Miss a Thing" (Aerosmith cover) ni Regine Velasquez. Kaya nag-pa-praktis ako nang todo, ha ha! Pero nag-pay off naman, di ba? Na-feature nga ako rito eh! Ha ha!

But if you had to choose, what would you pursue full-time, music or modeling?

Music for sure dahil mas gusto kong i-develop yung singing. Ang modeling parang mas madali kang malaos kung tumanda ka na tapos kumulubot na ang katawan mo. Maraming darating na mas maganda, mas bata, mas sexy, eh ikaw ano? Kulubot na. Eh yung boses, puhunan talaga, kahit na ilang taon ka na basta maganda pa rin yung boses mo, may career ka pa rin.

So have you thought of what your super popstar stage name will be?

Um... The Wonder... The Wonder... The Wonder Bra! The Wonder Bra Cup 34 B. Mateo para specific! Ha ha! **FHM**



At sino bang
nagsabing hindi
puwedeng maging
sexy at cute? Why
not both?

**Kaya wag na
silang matakot!
I-push nila yan!
Ha ha!**

The FHM man test

This month's challenger...

ALDEN RICHARDS

Sure, *Eat Bulaga!*'s #AlDub is the hottest thing on TV right now. But that doesn't exempt half of the 'Kalyeserye' loveteam from The Trial

Have you ever worn briefs on top of your pants and pretended to be a superhero?

Yes! I think most guys did that when they were kids.

Man ☒ Not man ☐

Would you ever carry your girlfriend's purse at the mall if she asked you to?

Yeah, for a while. *Baka kasi may gagawin siya or kung magsusukat siya ng damit*, I'll definitely hold it for her.

Man ☐ Not man ☒

Have you ever taken secret selfies?

Yeah, I do, and I'm not ashamed of it. *Pero* mostly as a mirror to check on my face.

Man ☒ Not man ☐

What's the worst thing you were teased about as a kid?

Being gay, because I am so white.

Man ☐ Not man ☒

Which fictional villain scares you the most?

Si Freddy Kruger. *Siya ang nagbigay sa akin ng takot sa pagtulog.*

Man ☒ Not man ☐

If you could blow up on thing, what would it be?

My bank account, maybe? Ha ha! I'd blow up my life in a good way—to make it bigger and happier!

Man ☒ Not man ☐

What's the weirdest title of a horror flick you've seen?

Oculus, which means an eye-like opening.

Man ☒ Not man ☐

Which romantic comedy makes you feel giddy inside?

50 First Dates. *Kahit* comedy siya, the effort to make Drew Barrymore's character—who suffers from short-term memory loss—happy every single day, and remember her relationship with Adam Sandler's character is very sweet. *Effort pa more, kilig pa more!*

Man ☒ Not man ☐

If the world were to end tomorrow, what would your last meal be?

Isang buong brazo de mercedes na cake, all for me. I love sweets! I'd kill myself with desserts!

Man ☒ Not man ☐

Have you ever been on the receiving end of fart bombs?

Yes. Sometimes they're mine.

Man ☒ Not man ☐

What's the name of the coolest pet you've ever had?

Bibe. I had a pet duck before, and I think it's pretty cool.

Man ☒ Not man ☐

Have you ever gone commando?

Ha ha, no.

Man ☐ Not man ☒

Have you ever had blood in your hands that was not yours?

Yes. I was helping my grandmother cook catfish. You have to cut through its lips, and that can get very messy.

Man ☒ Not man ☐

What's the longest you've gone without changing shirts?

Kapag nasa taping... about two days?

Man ☒ Not man ☐

Can you name one high-ranking FHM Babe you've had an unforgettable experience with?

Jennylyn Mercado. *makulit siya*, fun to be with! *Pero pag nag-po-pose kasi si Jennylyn sa magazine, makikita mo yung ibang side ng personality niya.*

Man ☒ Not man ☐



12/15

.....
Forget the score—only
a real man will admit
to having a pet duck
named Bibe!
.....

**THE MAN TEST
LEADERBOARD**

Sef Cadayona	14/15
Dan Villegas	14/15
Boy2 Quizon	13/15
Jose Manalo	13/15
Ranidel	
de Ocampo	13/15
Chito Miranda	13/15
Alden Richards	12/15
RA Rivera	12/15
Gloc-9	12/15
Loonie	12/15
Medwin Marfil	12/15
Brandon Vera	11/15

HAVE YOU EVER BEEN *BASTED*?



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WHAT TO BUY AND HOW TO WEAR IT

FHM Style NEWS



Make your mark!

Drawing a winner with DC shoes

WORDS
ASH MAHINAY
SHOE PRINT DESIGN
WARREN ESPEJO

At some point in your childhood, you probably took a marker or pen and doodled a crappy design on your shoes. Mother may or may not have killed you for defiling your P.E. day kicks, but one thing's for sure: as you grew up and became a mature hypebeast, any sort of dirtying up your beloved shoe game is a major no.

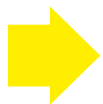
The chill people at DC Shoes understand this urge for self-expression, so they launched the TRASE YOURS design competition to let you indulge your inner rebel yell with the sexy low-profile silhouette of the new Trase as the canvas. At the awarding night last July, artsy gal Judith Talania won with her black-and-white creation called "Flock." She took home a cool P65,000 in cash and swag—plus the chance to head to the Southeast Asian grand finals and get her design turned into an actual Trase model. That's like so gnar, man.

Anyway, we might have missed the competition, but we're still unleashing our design on you guys: Behold, the sexiest shoe you will ever see...

Bootie Patrol

WORDS
ASH MAHINAY

Chukk these into your shoe rotation



Lacoste slots the Millard Chukka into its Autumn/Winter 2015 collection, but being a hardy boot and all also means the Millard fits perfectly into the wet half of our bipolar season. This premium style features heavy stitching and a raw-cut finish on the leather, which looks like it can repel more than a little *talsik* when the clouds decide to pour. It's

going to feel super skwammy if the rain goes over the top and turns your stylin' chukkas into water buckets—but by that point all hope is probably lost anyway.

On the other hand, if you're blessed and actually going to be somewhere winter-y, then wearing substantial shoes like the Millard will save you from frostbite and having to get your toes cut off.

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MILLARD
CHUKKA

Cop for P7,995

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Beautiful STRANGERS

Starring

HEART EVANGELISTA
AND
LOVI POE



MONIKA STA. MARIA

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BABE**

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PHOTOGRAPHY ROY MACAM • WORDS ASH MAHINAY

STYLING JAN ARANILLA AND ASIA CORONEL • MAKEUP AMANDA PADILLA OF AT EAST | JED ROOT
HAIR RHOY CERVANTES FOR L'OREAL PROFESSIONNEL



5-Panel Hat,
Burisil



THE BLAZER

The number of times she'll borrow this roughly equals the number you actually wear it—not a lot, but an occasion every time.



WHEN IT COMES TO SHARING CLOTHES, IT'S A VERY ONE-SIDED ACTIVITY BETWEEN MEN AND WOMEN—

with the ladies undoubtedly getting way more utility out of our closets. How can anyone complain though, when swaddling them up in our oversized garms makes them look so sexy? Just make sure you have the necessary items for them to co-opt from your closet.



Blazer, POA, Edwin Tan

White button down, Gap



THE PULLOVER

Snugger than a zip hoodie but messes your hair when you wear it—though, for girl use, it's arguably a plus.

▀ Pullover Hoodie, THE Clothing, P1,600

▀ Chelsea F.C. Home and Away Kit, P3,295, adidas





THE WHITE TEE

Remember: a white tee does not equal an undershirt

White T-ee, THE Clothing, P650



"In this era of local music, we welcome a new breed of musicians who have created the finest sound in their time. Uniquely Filipino, these bands can cross Philippine borders and create a bigger audience as people hear and discover their music."

JOEY ALVIAR & MON PUNZALAN

of Team Manila

"I am by principle averse to filters in culture, to middle parties second-guessing our leanings and tastes in every damn turn, but allow me to say this: Russ Davis does a mighty fine job of wading through promising talents in Manila and beyond with Fresh Filter. He does it not with closed-eye devotion to the independent craftsman, but with genuine love for music, period. Fresh Filter is one filter I do not mind having, and, well, keeping for that matter."

ALDUS SANTOS

Author of *Repeat While Fading* and Editor-in-Chief, Pinoytuner.com



"Every few years gamechangers come out of the woodwork; artists who redefine music as we know it and inspire a whole generation of fans and musicians. These gamechangers would be nothing without their champions; tastemakers who look at the full spectrum of local music today and pick the gems, making them available for all of us to enjoy."

Russ Davis is this generation's champion. He keeps the freak flag flying and carries the torch for Pinoy Rock, the latest in a long line of greats that include Howlin' Dave, Ces Rodriguez, Eric Caruncho and Francis Brew. He's also a pretty fuckin' cool guy."

QUARK HENARES

Director of *Keka* and *Rakenrol*



"An invitation into a world of Pinoy indie pop! A showcase of today's most exciting talents... several different characters... open-minded... fresh... A&R heaven... astigi!"

VIC VALENCIANO

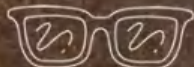
A&R Head, Curve Entertainment



"Cherish this record! This is proof that we have the best and most varied indie scene in Asia, and perhaps the world. #blessed"

MIKEY AMISTOSO

of Ciudad, Composer and Musician

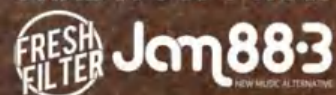


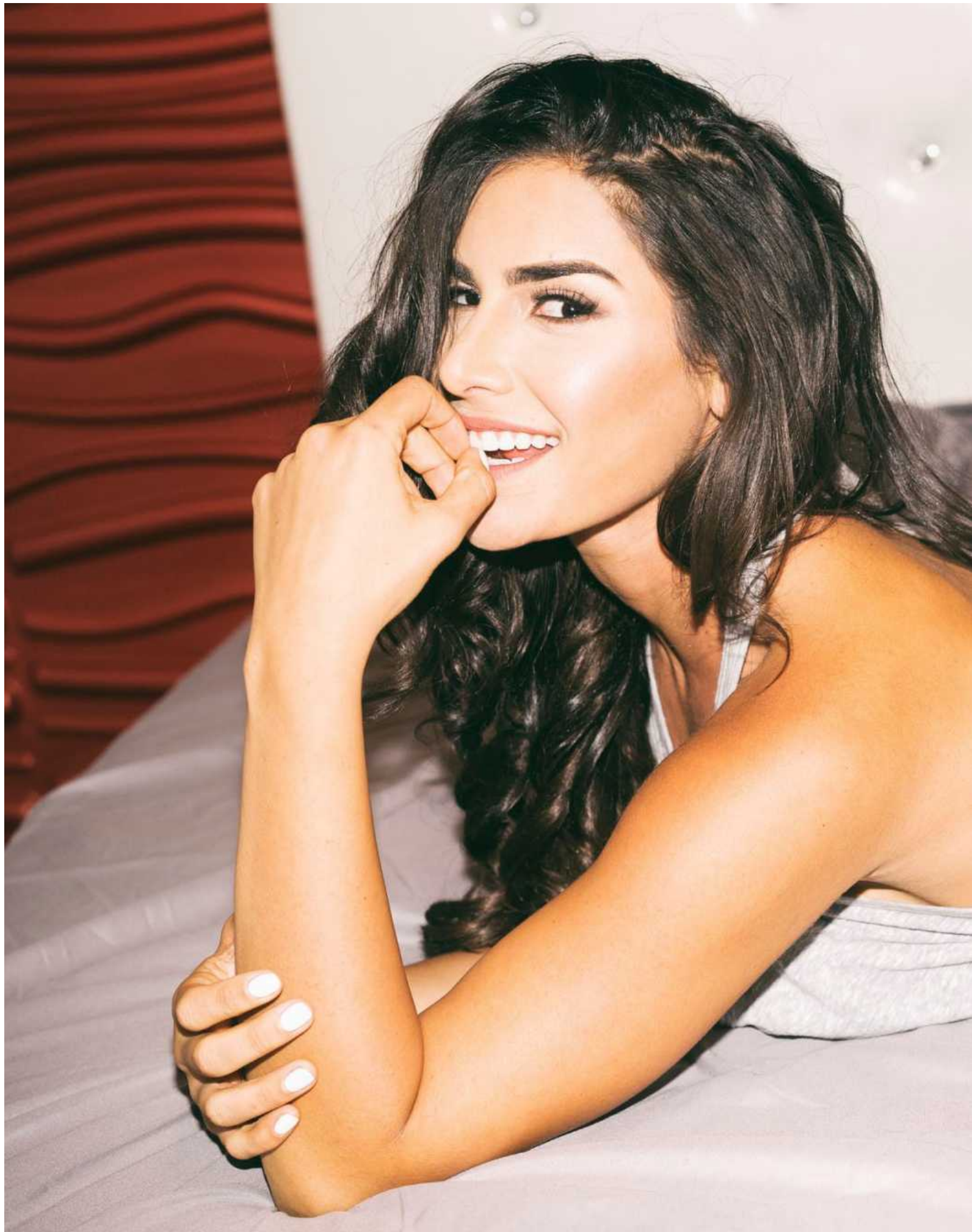
"Your indie music education starts here"

ELY BUENDIA

of Pupil and Oktaves

GRAB A COPY NOW







FHM SEPTEMBER

Girlfriend

Nikki Howard

This girl claims she didn't look this hot growing up. We're
having a hard time believing her



REY TRAJANO



CHAD ROSARIO



TINA LUONG

Few models can walk the talk when it comes to staying crazy fit and religiously maintaining an ultra-toned body. Nikki Howard happens to be one of them. This early riser is already in the gym before the sun goes up. She works out six days a week and goes to bed before you even finish watching your favorite primetime teleserye.

These scorching photos are proof. If Nikki Howard were any hotter, these pages would start to melt!

What was going through your mind coming into this shoot?

I was just super excited to do another shoot for *FHM*.

That's right. You shot for *FHM* Thailand before.

Yes, I did. It was awesome. I got to work with a friend of mine who was the photographer and the pictures looked great.

Did you do anything to prepare for this shoot?

I listened to some reggae music in the car and played air drums.

When did you start modeling?

When I was 16. I was living in Miami. The shoot was for a scarf catalogue. I remember getting the photos back and they photoshopped me 10 pounds lighter. I thought, "I look so great!"

Has modeling been your dream since you were little?

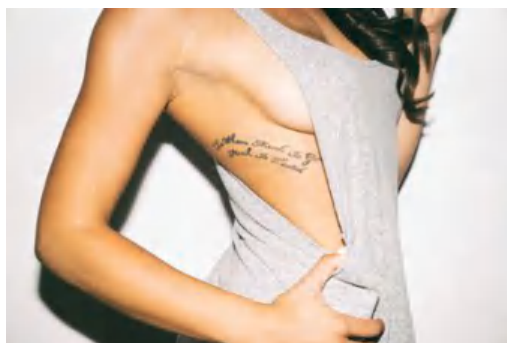
Yeah! My mom was a model. I used to go through her old portfolio and thought, "I want to do that." I get to be a Barbie every day, just dress up, and meet cool people.

We're glad you pursued modeling. But with a bod like yours, we have to ask—what's your workout like?

I work out an hour to an hour and a half a day, six days a week. I wake up at 5:45 every morning to go to the gym and I go to sleep at 9 p.m. like clockwork.

Impressive. We bet you get lots of compliments from guys for your curves.

Not always. I had ugly duckling syndrome. That's why people say I'm funny because I had to have something to get by. Then I got hot



and all the people who made fun of me were saying, "Hey, you're cool, be my friend." And I'm, like, "Suck up. You're just saying that 'cause I've got boobs now!" Haha!

When did your twins start growing anyway?

I used to be kind of fat so I've always had them. They stayed when I lost weight. They're natural!

You've got a couple of cool tattoos on you. Can you tell us about them?

I have a tattoo on my left side that says "I have loved the stars too fondly to be fearful of the night." My best friend and I have matching ones. It's from Galileo, the astronomer. I have one down my spine that says, "Everything

happens for a reason" and one on my rib cage that says "To whom much is given, much is tested." I have one on my foot—that's my dad's signature. But I've run out of body parts to hide them. I try to keep them all hidden because of work.

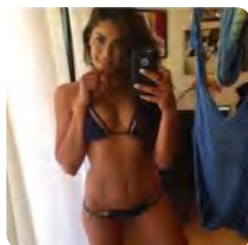
Do you believe that guys should always make the first move?

No. **Have you ever made the first move?** Always. I'm never really attracted to the guys who hit on me.

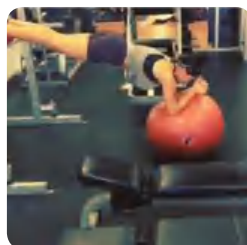
And what kind of guys does Nikki Howard go for?

Funny guys. Dorky ones who know how to make me laugh.

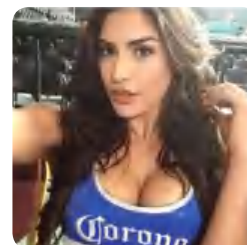
**Nikki's
life this
month**



You, me, pool. Now.



Another day at the office.



I'll be your ring girl tonight.

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#PASSIONON

MAHALAGANG PAALALA: ANG ROBUST EXTREME AY HINDI GAMOT AT HINDI DAPAT GAMITING PANGGAMOT SA ANUMANG URI NG SAKIT.



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WIN AT LIFE

BOYS

just want to have

FUN

"Classical"
Bryan Leo

Ken "The
Social Media
Sinister"
Warren

We take these
tough guys on
a girly date out

Words:
Chise Alcantara

Photography:
Kurt Alvarez, Erwin Barleta, Heidi Pascual-Aquende

SPECIAL THANKS TO: QUESO, PHILIPPINE WRESTLING REVOLUTION,
THE BLACK WATER ELITE, FLYING DUTCHMAN SHOES, NIC'S GOURMET
DESSERTS, COMFY COUCH NAIL AND BODY SHOP, FITNESS FIRST,
PHILIP LIM-GYM INSTRUCTOR, THE SWEET STUDIO, BLACK WATER,
CAPRISERRIE BAKESHOP AND CAFÉ



GUINEA PIG #1
FIGHTERS FROM
THE PHILIPPINE
WRESTLING
REVOLUTION

Chris "The Patriot" Panzer

"The Apocalypse"



First stop

YOGA



Metal clanking, deep grunting, and high fives and good-job butt slaps all around—this was the high-testosterone-weights-lifting-gainz-bruh atmosphere the buff guys hanging out by the machines at Fitness First were exuding. Normally, a visit to the gym could be considered part of these fighters' daily routine, but as nimble as they were being able to contort their bodiers into strangely majestic poses while maintaining proper spiritual and mental balance probably weren't part of a wrestler's job description.

ON FITNESS AND ATHLETICISM

"It reminded us of warm-ups that we do in training so it kinda woke us up, ha ha!" These guys whose bodies go through regular torture actually found themselves being twisted in ways they didn't expect. "It was pretty fun, there's a lot of balance, a lot of stability that I think we should incorporate in wrestling." Asked why they haven't tried it before, they answered, "Maybe because traditionally speaking, it's been thought of as something feminine or gay. Though, you could say there is something homoerotic about wrestling; I mean, it is two guys in their underpants beating on each other. But it's not gay, it's just athleticism."

"I applaud guys who do yoga *dahil alam mong nag-e-effort talaga sila*. It takes a lot of confidence to do the poses. *Minsan nakabukaka ka at papagawin ka ng kung anu-anong twist kaharap ng maraming tao.*"

Insel, video editor





PHOTOGRAPHER FOR PHILIPPINE WRESTLING REVOLUTION: KURT ALVAREZ

Second stop

CAKES AND TEA



Our next stop was at a place called The Sweet Studio. The wrestlers sampled the Studio's mouth-watering cakes and heavenly pies, and they were really satisfied. After stuffing their stomachs, the sugar rush hit and their lips started to loosen—and everybody knows that pro-wrestlers love to badmouth each other. The boys decided to settle their issues the best way they know how, through some TLC (Tender Loving Chairs).

ON GUY CHISMIS

As far as the wrestlers were concerned, "We don't really see why people find it so weird to see guys chatting over tea and cakes. It's just like an *inuman* in a different setting. You get men to talk if you get them into a comfortable situation. We're all friends outside of the ring so it's easy to talk to each other. We noticed that most women find it a lot easier to talk to people they're not close with. Men on the other hand have this weird sense of pride so they just don't open up to anyone so easily."

"Siguro mas nakakapag-chismisan lang kaming mga babae dahil mas sanay kami sa mga activities na p'wede kaming mag-usap. Mas sanay kasi yung mga guys sa physical. Kapag pinag-usap mo sila ng ganun, maninibago sila masyado."

Therese, editorial assistant



Last stop

SLUMBER PARTY!

A night of talking about crushes, watching scary movies, crying to *One More Chance* while eating popcorn are the foundations for a solid girl *barkada* experience. We wanted to give the guys one heck of a slumber party complete with stuffed toys and avocado facials; one that they'll consider a significant milestone in their friendship. Better ready your pajamas, boys!

ON GUY GET TOGETHERS

"We think there's just something weird about men getting emotional around each other," the wrestlers tell us. You wouldn't see guys posting their feelings on social media and how much their *barkada* is crying after watching Popoy and Basha say goodbye to one another. "Though that might change; you'll never know nowadays because acceptance



is also becoming a trend, with the legalization of gay marriage and whatnot. We think all activities have a chance at being called 'manly' or 'feminine,' it all just depends on the trends of males and females during that time. If it's more popular with males, it's masculine, if it's popular with females, it's feminine—they aren't gender specific."

"Okay lang naman siguro kung bigla rin napapatili yung mga boys minsan-minsan kapag nakapapanood sila ng scary movies pero wag palagi kasi parang bading na kung ganun, ha ha!"
Ann B. Mateo, FHM babe



First stop

PERFUME SAMPLING

These days, most men don't have time to stop and smell the scented Japanese paper. As "brand ambassadors" of their perfume, we had the boys try their hand at selling their Blackwater products to one of their toughest and stingiest customers—one of their own. As you guys can tell, the boys really had a tough time winning this one over, and at one point, had them on their knees begging to be noticed by their basketball *senpai*. Did their charm and teamwork pay off?

ON WHY MEN DON'T WEAR PERFUME

"Hindi lang siguro maarte yung mga lalaki [sa mga amoy nila] pero depende rin siguro sa trabaho. Yung models kailangan siguro mabango lagi, pero kami, ligo lang okay na. Basta proper hygiene at deodorant lang siguro. Pero okay lang naman magpabango basta hindi masyadong matapang."

But even if the boys confess that they like it when their girlfriends smell good, their anxieties on wearing perfume still get to them, *"Baka kasi mag-backfire ka pa eh. Hindi pala gusto ng mga kasama mo yung pabango, sayang lang effort mo. Kung gusto nilang magpabango, most likely bibigyan ka na lang nun sa Pasko—para parang "Take the hint."*

"Mas gusto ko yung guys na amoy bath soap dahil at least sure kang araw-araw silang naliligo. Kung amoy perfume, p'wede kasing nagpabango lang sila pero hindi pala naligo."

Elaine, editorial assistant



Frank Golia



Carlos Reyes



John Paul Erram

GUINEA PIG #2

PLAYERS FROM THE BLACKWATER ELITE



Juami Toingson

Second stop

POETRY SLAM

Tonight we deliver the cheesiest lines. They say that a man who has a masterful tongue can woo any lady he wants, so we had the boys dig deep within the innermost *hugot*-filled hearts to bring out their Balagtasian flow while delivering some theatrical performance poetry. But the lingering question was, were the wannabe-Nerudas able to reach their muses?

ON HAVING DIFFERENT HOBBIES

"Hindi kami madalas makarinig at makapanood ng mga poetry reading. Siguro kung pumunta kami sa mga ganung klaseng events, siguro mas ma-a-appreciate namin. Kanya-kanyang hilig lang. Hanga nga kami sa mga taong hindi nakiki-mainstream. Yung mga totoong mahilig talaga sa art at literature, feeling namin, totoong tao sila."

"I admire guys who genuinely like poetry pero dapat okay rin yung poets na gusto niya. He shouldn't like poetry or certain poets just because it's the trendy thing to do."

Steph, writer

PHOTOGRAPHER FOR BLACKWATER ELITE: ERWIN BARLETA



Last stop

GET BACK TO THE KITCHEN!

After a day of hard work, and with the sun slowly setting, the boys might have thought that our day was over; little did they know that things were just heating up. We sent our boys to the kitchen to whip up some sweet tasty treats with the help of the chefs from Caprisserie Bakeshop and Café. We had them design some cupcakes and éclairs, then mix and twirl the icing, and even had them make sugar hearts on the side. We'll see if the boys' talented b-ball hands could be delicate enough to make fabulous pastries!

ON TRYING OUT NEW THINGS

"Na-pressure kasi kaming mag-perform dahil ang ganda nung unang batch ng cupcakes na gawa nung owner. Mahirap din pala siya-nanginginig pa nga kamay namin eh, ha ha! Ito siguro yung favorite naming task dahil gusto talaga namin 'tong masubukan. Siguro, kapag retired na kami, okay din gawing hobby yung baking kasi parang life skill na rin siya, p'wedeng pang-handa sa future! Ha ha!"

"I think men associate cooking and baking as a 'girl thing' because they remember their moms and grandmothers when they cook(ed) for them when they were younger! But then again, I would love it if a man could for me, I mean, who wouldn't?"

Regina, account executive



First stop

SHOPPING FOR CLOTHES



"Ang hipster nito ah" was the first thing the boys said as the collection of bright button-down shirts with matching short-shorts from Flying Dutchman Shoes greeted them. Never in our lives did we expect to see men riddled in tattoos and piercings, don shorts so tiny they could make any hipster conyo kid's crotch tighten with envy. When they saw themselves in the mirror, they

realized, "Madalas wala nang tinginan sa salamin tuwing umaga maliban siguro kung may kasal o binyag, nag-Lu-lui-Buton ako para sa mga ganun."

ON MEN BEING FASHIONISTAS

Seeing a man don designer brands and walk around in fancy shoes (because he actually wants to) feels like coming across a magical



Tuts Calinawan, bass

Bboy Garcia, turntables

Enzo Ruidera, guitars

Ian Tayao, vocals



Second stop

SWEETS AND PASTRIES

Our next stop was Nic's Gourmet Desserts. "Mukhang solid 'to p're," one of the boys said while drooling over the cakes in front of them. The boys were more than happy to dig in to the cakes the cafe provided. "Actually, mahilig talaga ako sa cakes at sweets," confessed one guy as he dug into his Sticky Toffee Pavlova. "Napapakain naman talaga kami sa mga ganito kapag kasama yung mga anak at pamangkin, ha ha!"

The boys garnered even more looks as they stuffed themselves with Nic's desserts. "Parang na-co-confuse sila noh?" the guys remarked on their onlookers. "Eh kung makakita naman ako ng lalaking naka-dreadlocks na sobrang daming tattoo na naka-button-down with matching camo shorts na kumakain ng cake, malilito rin ako eh. Para bang 'Mag-decide ka nga! Ano ba?!'" "Kung naging boy band na lang tayo, feeling ko ganitong-ganito itsura natin ngayon."

ON MEN GOING ON CAFÉ DATES

It was like watching characters from a scripted reality show. Even though the guys were trying to act all "girlie," and by that we mean they were taking selfies, talking out loud, and laughing even louder. The boys were doing these things ironically and were laughing at their own awkwardness but not really enjoying being put in that scenario of eating sweets at a cafe—parang pilit lahat.

"Pero kaya naman nag-iinuman yung mga lalaki eh para makapag-usap tungkol sa feelings. Minsan kailangan talaga ng mga lalaki ng pampalakas ng loob para makapaglabas ng mga gusto nilang sabihin."

Trina, video editor

GUINEA PIG #3
QUESO,
METAL BAND

unicorn. We don't actually know how to interact with this rare creature and maybe that's why people are either fascinated or weirded out by it. "Kaya pag meron kang nakitang tumodo effort sa porma na medyo alam mong binuhusan niya talaga ng oras, parang kakaiba talaga... kasi kami madalas, kung saan kami kumportable dun na lang."

"Depende lang siguro sa article of clothing pero pareho lang naman ang lalaki at babae na mahilig mag-shopping. Marami rin namang lalaki na bumibili ng expensive shoes."

Jill, writer



Otcho Toleran,
guitars



PHOTOGRAPHER FOR QUESO: HEIDI PASCUAL-AQUENDE

Last stop

PAMPERING

"Uy, perfect timing! Mahaba na ang kuko ko sa paa!" one of the guys exclaimed. The guys were a lot more relaxed at the Comfy Couch Nail and Body Spa; some of them even dozed off. "Iba yung feeling ng pagpa-pa-tattoo sa pagpa-spa ng ganito," One of the guys commented. "Yung tattoo kasi kailangan mong paghandaan; eh dito p'wede ka pang matulog!" One of the guys shared while

getting his arms moisturized. "Ma-cu-curious ka rin kasi eh. Bakit ba nila (girls) 'to ginagawa, eh ang mahal mahal?"

ON MEN GOING TO SPAS AND FEELING BEAUTIFUL

In all honesty, we couldn't think of anyone who wouldn't jump at the opportunity for a free spa treatment. It would seem pretty

logical to do so but from what we've observed, it seems like it's not manly to want to take care of yourself, which could actually be a big problem. "Pangit mang sabihin pero meron talagang double standard," one of the boys said. "Parang mas may karapatan yung mga babae na buhusan ng oras yung sarili nila—kasi aminin natin...gusto naman natin silang makitang magaganda eh."

"Wala namang pumipigil sa kanila na gawin yung gusto nila. Hindi naman kailangang magpa-cool. Importante magmukhang maayos."

Jean, video editor

Words:
Sunshine Selga Funa
Photography:
Dairy Darilag
Styling:
Tala Singson

Throw away: That run-of-the-mill clock
Get this: Watch Your Weight Clock. It's an actual weighing scale converted into a clock. An instant conversation starter!
P850, Space Encounters

Throw away: That teddy bear your evil ex gave you
Get this: Bear. This resin dude will instantly perk up any awkward corner in your pad. It's lightweight so you can easily pick it up and place it anywhere you see fit. Plus, it comes with an affordable price tag.
P1,500, Cave

Throw away: That tacky figurine you got as a wedding souvenir
Get this: Kuburban. Designed by artist Kris Abrigo, this décor is a mix of cement and wood—a perfect addition to your space that screams “cool” and not “pretentious.”
P900, Design Café

Throw away: Cheap faux plants
Get this: Succulents. Succulents are all the rage these days, and it's no surprise because they are low-maintenance (they need to be watered only twice a month).
P180 each, Space Encounters

Throw away: That lewd “phallic” figurine
Get this: Turbo Flyer by Tait Design Co. It has a hand-turned hard maple body, so you can actually assemble it with the little ones.
P800, My Apt



Keep them lady guests coming by stuffing your pad with quirky décor pieces

PIMP YOUR MAN

Throw away: That replica artwork
Get this: Solihiya by Suez and Zapote. This silkscreen wall art will bring life to that otherwise boring bedside table.
P5,000, Design Café

Throw away: That lamp made from China you got from the hardware store sale
Get this: Sinandomeng Lamp. This homage to everyday Pinoy items is actually made of the rice scooper often used in *palengkes*, hence the name.
P4,500, Space Encounters

Throw away: Tacky plastic bins
Get this: Woven Basket. Throw in random clutter into this basket when unexpected guests suddenly come knocking at your door, and boom!
P899, H&M Home

Throw away: Hand-me-down floral pillows from your mom
Get this: Pillow. Neutral-colored pillows in burlap are a great complement to your leather couch. Mix it up with other pillows in differing neutral shades and texture. Or, place one on that La-Z-Boy to temper its bulkiness and cozy up movie marathon sessions.
P1,300, Urban Abode

WHERE TO BUY

DESIGN CAFÉ

Unit 103 Three Brixton Bldg., 3 Brixton St., Brgy. Kapitolyo, Pasig City

MY APT.

Unit 103 Three Brixton Bldg., 3 Brixton St., Brgy. Kapitolyo, Pasig City

SPACE ENCOUNTERS

Unit B Mezzanine, Padilla Bldg., F. Ortigas Jr. Rd., Ortigas Center, Pasig City

URBAN ABODE

CW Home Depot Ortigas Compound, Julia Vargas Ave. cor. Meralco Ave., Pasig City
Tel. (02) 570-4663
www.facebook.com/urbanabode.manila

CAVE

Email enclavesix@gmail.com

H&M HOME

G/L SM Makati, Ayala Center, Makati City

BARBARISM BEGINS AT HOME

Say bye-bye to these decorating boo-boos

1 Sticking to only blacks, whites, and grays. While this color combo does make for a sleek home, it eventually becomes boring. Shake things up a bit by adding pops of color in small doses. Inject hues by way of small décor items like pillows, photo frames, or bookends. If you're allergic to bright colors, stick to muted ones—olive green, mustard yellow, and maroon, for instance.

2 Going for generic-looking items. Consider pieces that are made of natural materials (not just metal or steel), and those that sport geometric shapes, for more character.

3 Always choosing function over form. While it is wise to prioritize functionality, the choice between form and function is no longer difficult these days. There are now many home stores that offer good-looking pieces that give bang for your buck, so you won't have to sacrifice style for utility.

4 Splurging on gadgets and not on furniture. If you want that couch to last you a long, long time, why not invest on it the way you do with your home theater system?

5 Not using your nose. Home scents are for making sure your place does not smell like an *inuman* joint, even if you just had a three-day drinking session with your buddies. There are many scents available in the market (not just those with floral notes), so you don't have to worry about your place smelling like your teen sister's room.



CAVE



EVERYTHING BUT THE SINK

A few things that
make single living
in the kitchen

words: **Khyne Palui**



1



1

GRILL, JR.

Tefal Meat Grill Ultra Compact

Cooking with actual *uling* is great, but a compact indoor grill is an agreeable thing to have, too. It doesn't need to be oiled, cleans easy, and cues you in when the grill is ready for the meat. And let's not forget, those non-stick die-cast aluminum plates are Tefal.

Score for: P6,000, Handyman

2

SMARTER DRINKING

Hurom Slow Juicer HA100W

You know what the health nuts say: blend for the fiber, juice for the nutrients. Slow juicers, like this one from Hurom, go the extra mile by keeping the cellular structure of fruit and veg intact as it's liquidated, meaning more nutrients and enzymes in a glass.

Score for: P15,995, Lazada



3

HOLD THE SPOON

Jamie Oliver 5-Piece Essential Tool Set

Kutsara isn't cookware—if you didn't already know that, Jamie Oliver (that Brit chef with the tooth gap) made sure they idiot-proofed this cookery set's handles to remind you that this is what you use to move hot food with: “grab,” “mash,” “dig in,” “move it,” and “spoon.”

Score for: P3,590, True Value



4

GRILL MAGIC!

- 1 Rub crushed garlic over bread.
- 2 Slather with olive oil.
- 3 Grill.
- 4 Bite.



5



6



7

4

UPSCALE BLENDING

Breville Kinetix Pro

There are made-for-girly-shakes blenders. Then there are blenders that are made of die cast metal and 2,000-watt motors—with shatterproof jugs that carry two liters of liquid, and a blade system that eliminates food traps, turning all components of solid food into mush. Guess which one this is?

Score for: P18,000, True Value

5

COLLECTIBLE CONDIMENTS

Coke Ceramic Vending Machine Salt and Pepper Shaker

If you had to spend money on salt-and-pepper shakers, it would be great if someone would notice them. These miniature 1950s Vendo 44 Coke Machines, on the other hand—well, they certainly caught your eye didn't they?

Score for: P1,295, True Value

6

SLOW MELT

The Original Whisky Ball 2-pack Ice Ball

Yes, it's just a couple of round molds that make golf ball-sized ice—the kind that will look good on a whiskey glass and other softer drinks. But it's also the kind of ice that, because it has more volume and less surface area, melts slower than the traditional cube.

Score for: P1,770, Galleon.ph

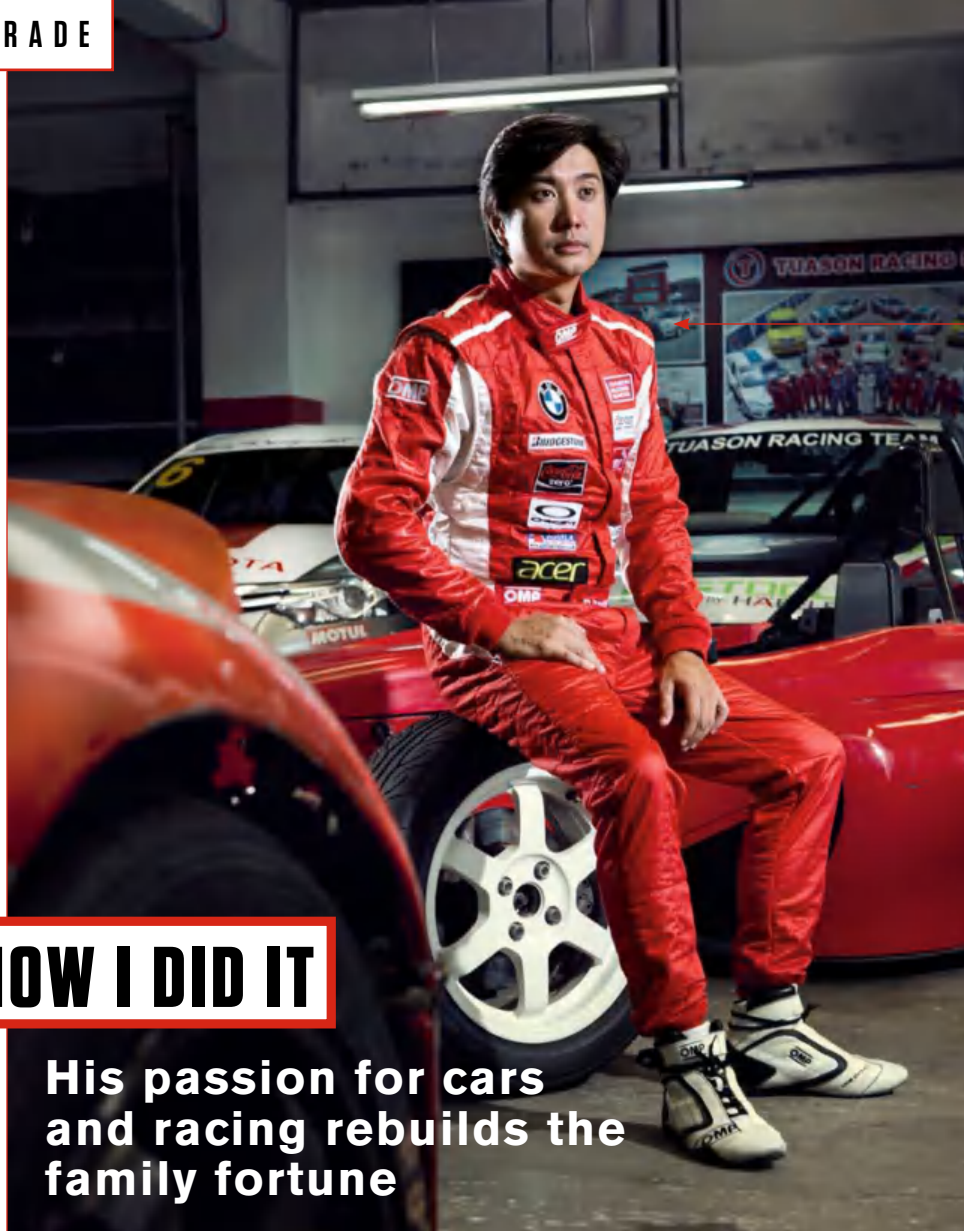
7

ONION SLAYING

Ikea Vorda Cook's Knife

If you're allowed just one blade in the kitchen, might as well make it an Ikea. Eight inches of stainless molybdenum/vanadium-steel (meaning it stays sharp for longer) and five inches of polypropylene handle (meaning you've got a firm grip on things) is worth the investment.

Score for: P1,299, Lazada



CV

**JEAN PIERRE
"JP" TUASON, 40**

Currently:

President, Tuason
Racing School (TRS)

Educated at:

De La Salle University,
BS Industrial
Engineering

HOW I DID IT

His passion for cars and racing rebuilds the family fortune

Our family has always been in the automotive and motor sports industry—from my grandfather to my father (racing champ and car refinishing mogul Arthur Tuason), and my younger brother. I think it was only natural to be involved myself. I started racing karts with my dad when I was 13, and I grew up in his motor shop.

My dad died when I was 19. I lost almost everything—the house in Forbes, the cars, the allowance, and the racing sponsorship. I started my career being sponsored by my dad, so the things I needed to go racing came easy. When he died, I wanted to stay in motor sports but I had no money.

I quickly learned the business of sponsorship. I started working with companies like Shell, Toyota Balintawak,

Standard Insurance, and Tag Heuer. This experience allowed me to race all over the world in cars and karts, and even got me all the way to the Asian Formula 3 series at the age of 27.

Being a racecar driver is not as sex, drugs, and rock 'n' roll as people think.

The drugs part is wrong because you have to be fit and sober to be able to race cars. The concentration levels are very high. You can basically be killed, or kill someone else, with a bad decision in a race. The rest, well, is true.

I loved racing, but I knew that I couldn't afford to race cars anymore. Whenever I got into an accident, it would cost half a million just to repair the car. So I made a conscious decision and said: "Enough of that. I will just stay on the other side and support the people that are trying to go up."

I believed that my best bet to stay in the industry I loved was to do the next best thing—teach. I founded Tuason Racing School in 1999 with my wife—back then still my girlfriend—and my younger brother. At the time, I had just finished school and was in limbo with my racing and work career.

Transitioning from being a racecar driver to an entrepreneur was, and still is, tough. I could drive and teach, but the business angle was one

that we have been continuously learning from the start. My wife has been a great influence to our success, as she is a natural strategist and negotiator—she closed some deals that most thought to be impossible.

Just like in racing, I have had some great coaches in business. They have steered me away from trouble, and have shown me how to grow our *sari-sari* store type operation to what it is now—training over 5,000 people from around the region every year.

The business had perpetual cash flow issues, especially since it started with so little. We had to borrow money many times, an art I believe we have become quite good at by now!

Racing and business are all about taking calculated risks. Do you just finish the race because you have mechanical issues? Do you push harder to get to the podium? Do you make that crazy last lap move to take the win, or just settle for second place? In racing, you take these risks based on gut feel. It's the same with business—you take risks to reap the rewards, but it should be calculated risks or you can lose everything.

Most people look at what I do now and say, wow, you're so lucky to be doing what you love. When we first started TRS, most people just saw it as a hobby. But I have been in motor sports for 27 years, and have been running the racing school for 16 years, and I tell you it was never luck. Follow your dreams, yes, but work hard and never take no for an answer.

PHOTOGRAPHY: HEIDI PASCUAL-AQUENDE; INTERVIEW: TONI ANTIPORDA





THE BRO- MOBILE

First-car selection woes?
Honda Brio may be the quick
fix you're looking for

WORDS: ALEX C. PAITA

WHAT WE DROVE

**Honda Brio
1.3 V Navi AT**



ENGINE

1.3L i-VTEC SOHC

MAXIMUM POWER

100Ps @ 6,000rpm

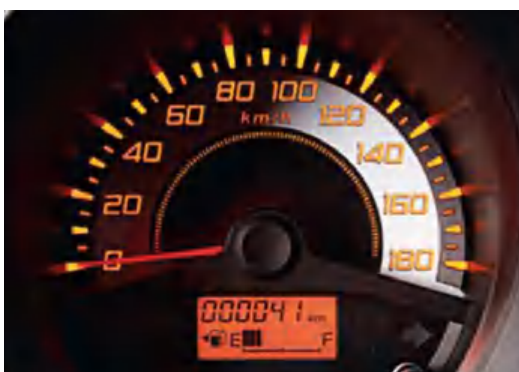
MAXIMUM TORQUE

13 kg-
m @ 4,800rpm

PRICE

P609,000 up





THE BIG QUESTIONS

Whoa, 1.3L for a car this size? Isn't that the same displacement as the first Jazz?

You got that right. In terms of *hatak* and throttle responsiveness, this makes the i-VTEC-powered Honda Brio a notch ahead of its peers in the much sought-after city car segment. We advise that you channel your inner beast mode with utmost caution though, or prepare to be the next online sensation for the wrong reasons.

The price tag is a bit steep for a budget car. We get that it's a Honda, but just how Honda is this Honda?

For that price you get sporty looks that's lacking in other, er, cutesy cars. Interior-wise,

it's stuffed with a whole range of awesome features it shares with its bigger Honda siblings—a touchscreen panel display, a GPS navigation system, and lots of legroom. Plus, that sleek black glass panel at the back can double as a full-length body mirror, perfect for last-minute self-checks on date nights.

Lots of legroom, great. But I'm a little bit worried about the trunk space. It doesn't look like it has any!

It may only have 175 liters of boot space, or half the Jazz's, but that's all you need for storing your everyday paraphernalia. Not a cause for concern, unless you're into transporting missiles.

BE A

BRO

ON THE ROAD

Sharing a ride with your bros so you can "save mother earth"



Passing on the booze so you could be the designated driver for your bros on *gimik* night

Stopping at the yellow light instead of speeding through the intersection

Always thinking you "have the right of way"

Not using signal lights when changing lanes

Riding a *wang-wang*-equipped car

Not giving way to an ambulance

Honking at pedestrians

"Racing" against pedestrians—on the pedestrian lane



NOT BRO



A new Earth

Searching for a new address in the Universe? Start here

Words: Vince Sales

If you live on this planet, you've heard the news: the Earth has a twin. Thanks to the Kepler telescope, NASA has found a planet (with the catchy name Kepler-452b) somewhere out in Space, that could be just like us: a rocky planet that's temperate, with water maybe, and who knows? People? Civilization? Starbucks? If you're weirded out, we get you. The news was like finding out your dear old Tatay sired a sibling of yours in Canada or something, and he looks just like you. Weird.

So the Earth has a twin. You've got questions. Where is this other planet? Are there others out there? We take a guided tour of the Universe in search of Earth doppelgangers, distant cousins twice removed, and other space objects capable of supporting life as we know it.

Pack your bags and get ready to get out of this gin joint for a swankier address somewhere in the Milky Way...

WHAT SCIENTISTS ARE LOOKING FOR

Just like searching for an apartment in Metro Manila, the first thing you need to know about looking for a new planet to live in is: how is the water situation? As in, is there any? On Earth, literally every place there's water, there is life—freezing polar regions, oases in the desert, inside the deepest caves, even at the bottom of the sea where there's no frikkin' sunlight. Scientists expect other planets to be no different. That means the search for planets capable of supporting life—alien or our own—is a search for water. Simple.



Unconfirmed, but prospects are looking good. Maybe in the polar regions.



The Moon isn't that big. Think of it as a studio apartment in an SM condo.



Craters, craters, and more craters.



Remnants of the historical 1969 Moon landing. Crossing our fingers to find Decepticons on the dark side of the moon (please, please, please).



Living on the Moon is something like answering a bedspacer ad. It will do for now, just don't expect to stay for long.



PROPERTY DETAILS



Water



Planets



Floor area



Amenities



Local Attractions



Location



Lipat bahay now?

THE MOON

Some lunar probes and orbiters have found water molecules in the Moon's polar regions. It may be locked in minerals or sheets of ice—no one knows yet—but it's starting to look promising. We'll still have to figure out how to extract it and build some sort of habitat on the moon, but it sure beats lugging all those five-gallon Wilkins water containers from Earth.



Europa has even more water than Earth. Because of its distance from the Sun, it's all frozen, but some scientists theorize that there may be liquid water under the surface ice.



Europa is about as big as our moon.



The smooth surface of Europa is one big ice skating rink. We hope you like winter sports.



Interesting neighborhood, with Jupiter dominating the sky together with its wacky moons, such as Io, Ganymede, and Titan.

EUROPA

When Arthur C. Clarke wrote the sci-fi classics *2001* and *2010*, he named Jupiter's moon, Europa, as the next place in the solar system where man would find life. He is probably right.



To reference *2001: Space Odyssey*—"I'm sorry, Dave. I'm afraid I can't do that right now." Europa is probably too cold for humans.



Possibly.



Moving to Kepler-452b would be like moving into an old apartment in Makati: they built them bigger before. Kepler-452b is a billion years older than Earth, and it's also 1.6 times larger than Earth.



Its distance from its G-Class star means Kepler-452b could have everything that the Earth has. Of course, we'd have to get closer to confirm a speculation like this.



1,400 light years away.



KEPLER-452B

Kepler-452b is the most recently publicized discovery of a planet similar to Earth. It's been called a "twin," "big brother," and "cousin" to Earth because it's likely to be a rocky planet, and it's located in its system's Goldilocks zone: the place that's neither too hot nor too cold.



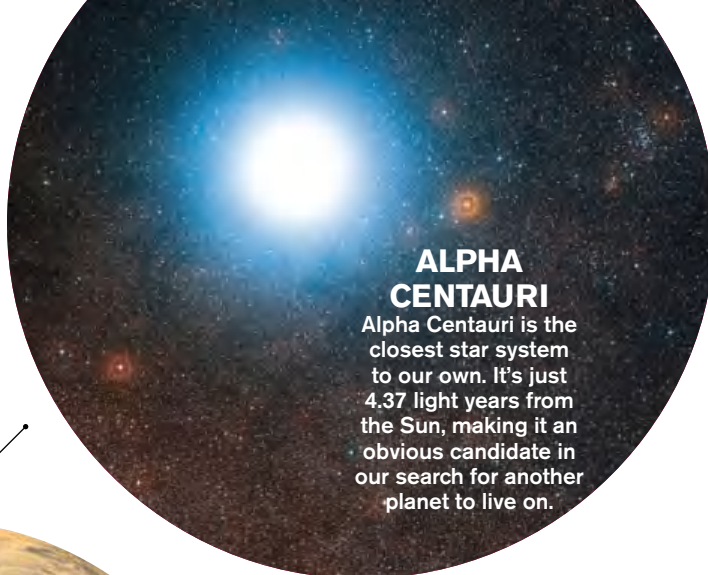
So far, only one planet: Alpha Centauri Bb. Other planet theories remain unconfirmed. Hey, science takes time.



Even if AC Bb had water, it wouldn't have remained liquid at a surface temp of 1,200°C.



Tough luck, Alpha Centauri Bb is not in the system's habitable zone. But there's still the rest of the star system...



ALPHA CENTAURI

Alpha Centauri is the closest star system to our own. It's just 4.37 light years from the Sun, making it an obvious candidate in our search for another planet to live on.

MARS

Mars is a lot like Earth in many ways—it's a rocky planet that's just a wee bit further from the Sun and it has water ice in its poles. Similarities end there. Mars is colder, and pretty inhospitable. Plus, no atmosphere and no magnetosphere mean it sucks to live there.



Scientists have found river channels on Mars. It's likely that Mars was once a wet planet back when it had a thicker atmosphere. Some water remains as ice on the poles.



Mars is about half the size of the Earth. Think 1BR plus 1T&B.



No atmosphere and magnetosphere leaves Mars at the mercy of solar winds.



Mars isn't exactly hot property right now, but every once in a while, sightings like NASA's "the woman on Mars" makes us want to try.



Pluto has lots of ice. Nitrogen ice. Methane ice. Carbon monoxide ice. But no water ice.



One of the reasons Pluto was demoted from a planet to a "dwarf planet" is because of its size. It's tiny. By volume, it is one-third the size of the moon, and it is dwarfed by the solar system's gas giants.

PLUTO

The space object formerly known as a planet has become everyone's darling because, come on now, who doesn't love a space object with a heart? And if it's got a heart, could that mean that it also has life?



We heart you, Pluto, but we wouldn't live on you. Your heart is frozen, and there's not a drop of water.

KEPLER'S 8

Kepler-452b hogged all the headlines lately, but the Kepler telescope has already found eight other Earth-like exoplanets that are located in their system's habitable zones. They are Kepler-62e, Kepler-62f, Kepler-186f, Kepler-296e, Kepler-296f, Kepler-438b, Kepler-440b, and Kepler-442b.



Possibly. We don't know much about the Earth-like planets Kepler has found, but if they do have water, it would be in liquid form.



Varies between hundreds to over a thousand light years away.



We have a lot to learn about these planets before we can even consider living there, but so far, these are the Universe's top candidates.

Let's talk about Kepler

The Kepler space observatory—named after Renaissance astronomer Johannes Kepler—was launched by NASA in 2009 as part of a discovery program to find earth-like planets orbiting other stars.



The "space observatory" is actually a telescope continuing its exoplanet "sightseeing" mission in space for over six years now. An airfield in California's Silicon Valley serves as ground systems development and research center for the Kepler missions program.



Before the Kepler telescope was launched, we had no idea how many stars out there actually had planets. Kepler has gone a long way in answering that question. The short answer? All of them. Virtually every star has at least one planet. Mind. Blown.

The exact number of exoplanets Kepler has discovered is 1,103 in 440 star systems as of January 2015. There are also 3,199 unconfirmed planet candidates.

Astronomers estimate that there are as many as 11 billion Earth-sized planets in the habitable zones of Sun-like stars in the Milky Way. Still think we're alone in the Universe?

TRUE STORIES

This month in colossal flops: find the silver lining!

Don't look!

I recently got into practicing jump rope at our local gym. My gym shorts had pockets in them, and this was where I would usually put my phone to take gym selfies. While I was practicing my jump rope mechanics, my hips started getting a little bit chilly. That's when I realized that half of my underwear was showing because of the weight dragging my shorts down. The gym guys and trainers were all giggling around me. That's the last time I did jump rope at the gym.

Rata2E, via Facebook

Perfect timing

I was on my very first date with my forever crush at our school's basketball game. I gathered enough courage to invite her after

a year's worth of awkward *panlalandi*. We were having fun and everything was going well until I heard a rumble from my tummy. It was the leftover pizza I had

last night. I tried to hide my discomfort since our team was winning and there was good vibes all over. I held it in for as long as I could but I felt the dynamite about to go off—just then, a stroke of genius struck me. I watched as our star player scored a three-pointer, then and there, I knew what I had to do. I started our school's cheer and everyone followed suit. The crowd was roaring and so was she. That's when I knew it was safe to let the bombs go off. I farted as loud as a New Year *torotot*. It was one of the most satisfying farts I've ever had in my life. The date ended in a success and now my forever-crush is my girlfriend. Good thing my butt trumpets sounded at the perfect time!

Jacob Espiritu, via Facebook

Dog vs toy

I'd been living alone in an apartment for about a year, and I felt like it was about time to get myself a dog. I'd always wanted one but my dad was allergic so I had to content myself with stuffed toy dogs. Now, I finally got myself a feisty little Chihuahua and named it Paris Hilton. It humped my leg, my bedpost, my furniture, and anything that it could get its little paws on. One day I fell asleep on my couch and accidentally left Paris inside my bedroom. I heard some rustling and thought it might be making a mess, so I quickly got up and rushed to my room. Paris had laid waste to one of my stuffed toy dogs, and well... You could say they're all creamed now.

Zack, via Facebook

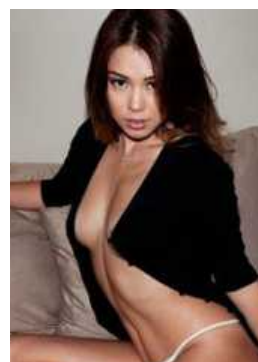
Accidental score

It was our first time having interns and we had them transcribe interviews and get pictures for us, which was a great help. I added one of them on Facebook so it would be easier for us to communicate since our email system updated slowly. I was chatting this hot girl up on Facebook while procrastinating when the intern messaged me her research, to which I replied, "Thank you." I did a bit of work then got bored so I started chatting on FB again. Because of my *sabawness*, I mistakenly sent my flirty greeting to the intern that said, "Hey beautiful, dinner tonight?" Before I could take it back, she replied, "Okay *lang po, sir*. 8 p.m. *labas ko* :)" I went to dinner with her and let's just say, we had a pretty good time that night.

Cheese, via Facebook

ILLUSTRATION: GILBERT DAROY

TRUE Babe STORY



Mila G.

When I was in grade school, people often mistook me for a boy—I liked wearing very short hair with tees and short pants and didn't really act like a girl. I was at the mall with my older sister and we were playing a coin game machine. Suddenly, my game made a big noise because I won! The game center staff suddenly appeared and the MC said, "Congratulations to this little boy! He just won big here!" I never felt embarrassed that people mistook me for a boy until that moment. After that, I decided to grow my hair so it wouldn't happen anymore!

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